MAXIM THE WORLD'S NUMBER-ONE MEN'S MAGAZINE

MAXIM AUSTRALIA

ISSUE 81 APRIL 2018



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AUSTRALIA



COVER
SHARON & MICHELLE MARSH

PHOTOGRAPHED BY
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MISS ITALY

Behold former beauty queen, fashionista and magnificent model from Milan, SARAH BADERNA...

PHOTOGRAPHED BY **UDO SPREITZENBARTH (@UDOPHOTOGRAPHY)** INTERVIEW BY **SANTI PINTADO**




"I'M COMPASSIONATE
AND VERY OPEN MINDED.
I THINK THIS IS VERY
IMPORTANT IN ORDER
TO FIND HAPPINESS AND
PEACE WITHIN YOURSELF."



"SOMETIMES THE SEXUAL CHEMISTRY IS REALLY STRONG AND YOU REALLY CAN'T RESIST."

Tell us a bit about yourself, Ms Baderna.
Well, I'm 26 years old and I grew up in a small town in Italy, 100km from Milan. I started modelling when I was 16 – my mum suggested I meet with a modelling agency based in Milan and they signed me shortly after. I've been working as a model for almost 10 years and won Miss World Italy in 2013. The beauty pageant gave me the opportunity to travel all over the world, but my biggest dream, since I was a kid, has always been to move to America. I can't explain why but I always had a feeling inside of me that the States was going to be the place to be. So, two years ago I decided to leave everything I had – friends, family, home… – and give myself a chance. I packed a few things and bought a ticket to NYC. I had only a touristic visa at the time but that wasn't enough for me. So, I decided to try to find a modelling agency who wanted to sign me.

How'd that go?
At the beginning it was hard to find the right one, but on my birthday I received the best gift ever – an agency called me saying they wanted to sign me in New York. Since then I'm living my American dream and it's hard to be far from home but the emotions this city gives me are all worth it.

What did you enjoy about this photo shoot for *MAXIM* Australia?
The mind, and photographer, behind this amazing shoot is Udo Spreitzenbarth. We shot in his studio, a really unique loft in the heart of Manhattan. I had the chance to admire his previous works and I was amazed. When he told me about this shoot I was extremely happy to have the opportunity to work with him and the entire team that day was great. I had so much fun and there was a great vibe which really helped to capture such beautiful pictures.

What's your best asset?
I'm compassionate and very open minded. I think this is very important in order to find happiness and peace within yourself.

What is the best and worst thing about being a model?
I love having the oppotunity to travel, see beautiful places all over the world and to meet new people every day with different personalities, different roles. On the other side, unforunately models are associated with horrible stereotypes. When you tell people you work as a model they assume that you are just a pretty girl who acts like a diva, eats nothing and doesn't have a brain.





What do you do when you're not modelling for *MAXIM*?
I love sports and I have a healthy addiction for the gym. I spend a lot of time working out with my roommates. I also love to cook and go to the movies. If I wasn't modelling I'd probably still be working in the fashion industry. Maybe I'd even have my own clothing line.

If you could live anywhere in the world, where would it be?
If you would have asked me the same question two years ago my answer would have been New York. Now, more than ever, I'm sure this is the city where I want to live.

What's one thing you would change about the world?
I think that the first thing that I would change is the judgment people have towards each other. I know that it's hard to be non-judgmental. Sometimes I have to remind myself to not judge others. You will always meet people with ideas different from yours and you have to learn how to respect them.

What's the first thing you think about when you hear the word "Australia"?
Kangaroos?! I've never been to Australia but I know "G'day, mate" and that you call yourself "Aussies".

Well, that is a start! How can a man win his way to your heart?
He has to support me and remember the small details. When you really like someone you will find yourself paying attention to all the small things.

What do you find sexy about men?
Big hands.

Ahem, right then. Describe your perfect date.
I don't really have a perfect date. I like guys who know how to create the perfect atmosphere in any place.

If you took *MAXIM* on a date, what would we do?
A late-night picnic under the stars.

Nice one. Would you kiss a guy on the first date?
To kiss or not to kiss. I say yes! Sometimes the sexual chemistry is really strong and you really can't resist.

Finally, what's the best piece of advice anyone has ever given you?
If you don't build your dreams, someone else will use you to build theirs. ■



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"IF YOU DON'T BUILD YOUR DREAMS, **SOMEONE ELSE WILL USE YOU TO BUILD THEIRS.**"

Status Update

NAME:
Sarah Baderna

BORN:
November 20, 1991

HOMETOWN:
Fidenza, Italy

LIVES:
New York, USA

HOBBIES:
"Sports, cars and cooking."

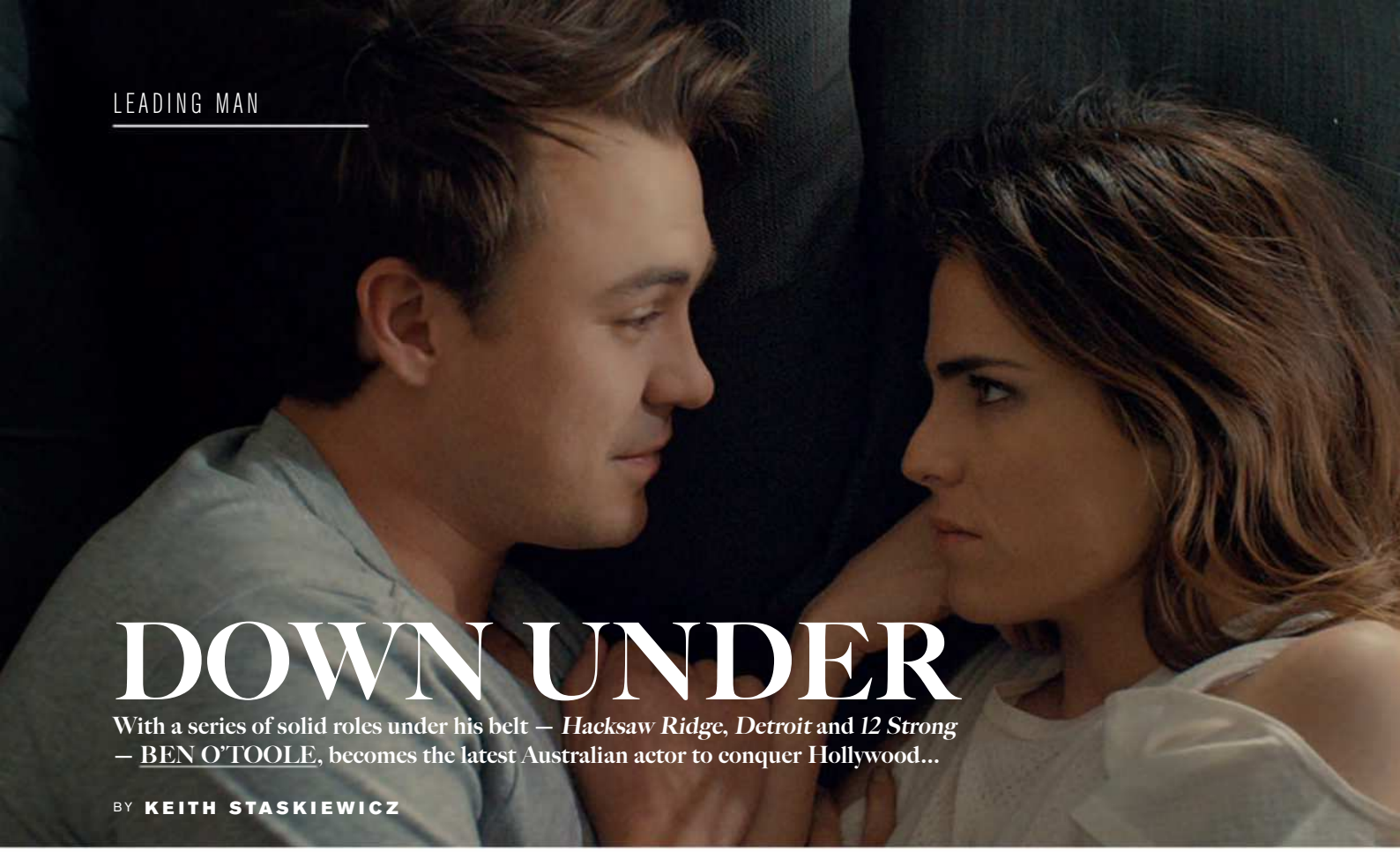
FAVOURITE CAR:
"Lamborghini Centenario."

FAVOURITE MOVIE:
"*The Great Gatsby*."

BEDTIME ATTIRE:
"I sleep in a black satin and lace nightie."

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DOWN UNDER

With a series of solid roles under his belt — *Hacksaw Ridge*, *Detroit* and *12 Strong* — BEN O'TOOLE, becomes the latest Australian actor to conquer Hollywood...

BY **KEITH STASKIEWICZ**

Everybody knows how to get out of Oz — just follow the yellow brick road. At this point, the path from Australia's local acting community to Hollywood fame is practically a well-trod thoroughfare. Starting in the 1980s, folks like Nicole Kidman and Mel Gibson made the antipodean voyage, and they were soon followed by wave after wave of improbably good-looking blokes and sheilas, all practicing their North Midland accents. And as with any good immigrant community, they will occasionally lend one another a hand. At least, that's what Ben O'Toole discovered when Gibson cast him alongside a slew of other Aussies in 2016's *Hacksaw Ridge*.

O'Toole is poised to become the latest to go from Down Under to the top. He stars in *12 Strong*, based on the real-life tale of the first American soldiers deployed to Afghanistan during the initial months of the war. The 28-year-old actor plays one of the film's dirty dozen, led by none other than, yep, another Aussie expat: Chris Hemsworth. "Hollywood's a big place but they seem to really like Australians for some reason," O'Toole says. "Trust me: We're happy for the work."

Like Hemsworth before he went on to Marvel glory as Thor, O'Toole started off on Australian TV, appearing on the '60s-set series *Love Child*. That coincided with his first film role, in Russell Crowe's 2014 directorial debut, *The Water Diviner*, playing one of Crowe's three sons, who are sent to fight in the Battle of Gallipoli.

At the time, O'Toole didn't realise the role would end up being the first in a trend. "I haven't been doing this for too long and I've been in three wars: WWI, WWII [with *Hacksaw*], and now Afghanistan," he says. "It's fascinating going through the preparation for each one. Now the training is so much more complicated and involved."

Naturally, the cast of *12 Strong* — which also includes Michael Shannon and Michael Peña — didn't actually spend any time in a war zone, shooting in the dunes of White Sands, New Mexico, instead of northern Afghanistan. "It was very safe," O'Toole says. "But it was pretty crazy, too, because there's a general safety warning that this area is used for testing and sometimes ignitions won't explode, so there could be live bombs around." Filming was occasionally tense on the set of last year's Detroit as well, but in a different way. The subject matter — a dramatisation of the 1967 race riot that tore the city apart — was explosive, and O'Toole was playing one of the film's trio of uniformed villains, along with English actor Will Poulter and Irishman Jack Reynor. In deference to verisimilitude, the actors remained American even when the cameras stopped rolling. "We'd stay in our American accents throughout the entirety of the shoot, the three internationals on it," O'Toole recalls. "And it was kinda funny, because at the end of the day it actually felt weird dropping it. Certain words weren't falling out of my mouth right."

It's the age-old predicament of the non-American in Hollywood: Whither the accent? Like the desert bandicoot or the eastern hare-wallaby, Mel Gibson's original speaking voice is one of Australia's most prominent extinctions. Actors already have a pretty malleable vocal identity by trade, so for people like O'Toole, figuring out what you actually sound like can be almost akin to a conscious choice. "It's a strange experience," he says. "I do want to stay Australian. I have parents and family that would say, 'Hey, come on: You grew up here; don't lose the accent.' But it is one of those funny things."

When O'Toole first headed across the Pacific to make the audition rounds, he was so sure it would amount to nothing that he booked his return trip in advance. Instead of catching that flight, he ended up based in L.A. and has been so busy that he only gets home a couple of times a year.

Thankfully, the movie he's working on right now, the horror-comedy *Nekromancer*, is filming in Sydney. The project has afforded him a decent sojourn back home — not to mention the opportunity for some good-natured ribbing from mates and kin. "It's all like, 'Welcome back, Hollywood!'" he laughs. "In Australian life, if they're giving you shit, then they like you. So if people were nice to me when I got back, then I'd be concerned." ■

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BROUGH RIDER

The legendary British motorcycle returns with a new version of its flagship model, the Brough Superior SS100...

BY **JARED PAUL STERN**



The Stats

- **ENGINE:** Water-cooled DOHC 88-degree 997cc V-twin fourstroke
- **POWER:** 100bhp/130bhp (trackonly Sport version)
- **WEIGHT:** 410 lbs
- **TRANSMISSION:** 6 speed
- **BRAKES:** Front, 4 x 230mm Beringer 4D stainless-steel discs; rear, 1 x 230mm Beringer 4D stainless-steel discs
- **TORQUE:** 89Nm/120Nm (trackonly Sport version)
- **WEIGHT DISTRIBUTION:** 50/50
- **MANUFACTURED:** Toulouse, France

Lawrence of Arabia was a fan. "As reliable and fast as express trains and the greatest fun in the world to drive," the swashbuckling British archaeologist, military officer, diplomat and author once said of his Brough Superior SS100s, which he loved so much he ordered seven of them. Long considered the Rolls-Royce of motorcycles, Broughs (pronounced "Bruff") were built in Nottingham, England, from 1919 to 1940, and became renowned for their unparalleled power, engineering, and sheer beauty. With fewer than a thousand original examples still in existence, they fetch extraordinary prices at auction but are relatively unknown by all but world-class collectors. One of those collectors is British businessman Mark Upham, who opened his first motorcycle shop in 1977, the year he bought his first Brough, and became the U.K.'s top Triumph dealer by 1988.

More than 75 years after George Brough released the last SS100, Upham resurrected the brand and began producing a new version of the SS100, Brough's flagship model, in 2016. Despite the impeccable British pedigree of the Brough name, Upham, who is now based in Austria, did it with a designer in Toulouse, France, named Thierry Henriette. Henriette is known in custom motorcycle circles for having collaborated with legendary designer Philippe Starck on the W800 racer based on a Kawasaki, among other projects. After acquiring the rights to the brand, Upham and Henriette met in 2013 "and within 24 hours we'd shaken hands" on an agreement, Upham says. A prototype SS100, complete with details inspired by parts of original Broughs from Upham's collection, appeared three months later. "Thierry is a very talented designer, very avant garde, a lot like Starck," he says. "He is a great unsung hero of the motorcycle world. He's done 30-plus prototypes in the past and has done a lot of work for BMW, Honda, Yamaha, and others...For me, he's definitely the Van Gogh of motorcycle design."



The new SS100 is a "very light, compact bike, with the look and DNA of the original but utterly new," Upham says. The new SS100 immediately recalls the original with a polished aluminum gas tank above a big 88-degree, 997cc V-twin DOHC engine adorned with the retro Brough Superior script. It looks and rides like an expensive thoroughbred, and can be equipped to hit 42km/h. There are faster bikes, to be sure, but the SS100 is made for smooth cruising rather than spine-crushing speed, true to the time when T.E. Lawrence would comfortably put 500 miles a day on his machine. "We build bikes for gentlemen," Upham has said. "There's no question it's a success," he adds. "Generally, people who turn up to the factory buy one — or sometimes four or five. We've had people come and buy multiple bikes as individuals just because they love it." His importer in England immediately placed an order for 60 of them.

With European sales already quite brisk — the factory in Toulouse is building 120 bikes this year, and there's about a yearlong waiting list — Upham has his sights set on the U.S., with the goal of making the bike available stateside by early 2018. Jay Leno, who Upham says owns what's probably the largest and certainly the most "beautifully presented" collection of original Broughs in the world, and who has showered praise on the reborn SS100, has been promised the first ride.

Upham and Henriette plan to expand the Brough range considerably. "There are seven bikes on the design board at present," Upham says. If they're half as successful as the first, business prospects look promising indeed. Henriette is "very modest, and doesn't like to be talked about," Upham says. But will the brilliant reception of the reborn Brough Superior rocket him into the spotlight? "I hope so," Upham says. "I do hope so." ■

Harley-Davidson Iron 1200 Sportster

ENGINE:	TRANSMISSION:	DISPLACEMENT:	LENGTH:	DRY WEIGHT:	FUEL CAPACITY:	SEAT HEIGHT:	PRICE:
AIR-COOLED, EVOLUTION	5-SPEED	1,202 CC	2,200 MM	248 KG	12.5 l	735 MM	From $16,495



The Iron 1200 recipe starts with power. A 1202cc Evolution 1200 V-Twin engine delivers 36 percent more torque than the 883 Evolution engine that powers the Iron 883, the original urban brawler in the Sportster family. The Iron 1200 brings more punch to the street fight — more power to blast away from green lights and more mid-range to muscle through traffic. More power means more disruptive fun. The jet-black Mini Ape handle bar is an essential element of the garage-built chopper look that adds instant attitude. This 1.0-inch diameter handlebar offers an 8.75-inch rise, 32-inch spread and 6.5-inch pull back, that opens the rider triangle with a fist-in-the-wind posture. The gloss black speed screen framing the headlamp is a West Coast styling influence that amplifies the attitude of the tall bars, is intended to offer some wind deflection at speed and provides a space for easy personalisation.

The fast-back Café Solo Seat flows to the rear fender and is shaped to help hold the rider in position when the torque of the Evolution 1200 kicks in. A classic 3.3-gallon Sportster fuel tank features multi-coloured striped graphics that wrap around the tank profile. Fuel tank paint colour options include Vivid Black, Twisted Cherry and Billiard White, always contrasting with the Vivid Black speed screen.

The entire powertrain has been styled with a popular colour: black upper and lower rocker boxes, black exhaust and muffler shields, and black timer, primary and derby covers. Chrome pushrod tubes and tappet covers are the only brightwork and highlight the V-Twin engine shape. The Iron 1200 is finished with all-black 9-Spoke wheels (19-inch front and 16-inch rear diameter) and a solid black belt guard and rear sprocket. The Harley-Davidson Smart Security System and anti-lock braking system (ABS) are fitted as standard for the Iron 1200 model.

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Porsche 911 GT2 RS

ENGINE	TRANSMISSION	POWER	TORQUE	WEIGHT	TOP SPEED	0-100KM/H	PRICE
3.8 litre flat six twin-turbo	7 speed dual clutch automatic	522kW	553 pound-feet	1470 kg	339 km/h	2.7 seconds	$385,000+

Although it's been in production for well over half a century, Porsche never seem to lose the right formula for adding horsepower and cutting weight to their signature 911s. One day, the Porsche 911 will reach its limits — but today isn't the day. Crowds at the UK's Goodwood Festival of Speed got to check out the GT2 RS rear-wheel drive coupe, which Porsche anticipates will lap the Nurburgring faster than Lamborghini's new Huracan Performante (6 minutes, 52 seconds).

Not only is it the most powerful 911 ever made, but also the most outrageous, extreme, and expensive — at roughly $385,000. The double turbo gets a clever extra cooling system which helps boost, while a racing chassis with rear-axle







steering and a modified stability control system help keep the car glued to the surface. Engineers decided this machine will only come with Porsche's seven-speed dual clutch automatic however — so apologies to stick shift fans everywhere.

To make way for that surfboard-sized spoiler on the back, weight savings were needed, resulting in the titanium exhaust system, magnesium roof, and slathered carbon fibre over the hood, front wings, and rear end.

Like all things fast? The GT2 RS is one enthralling way to scratch that itch. It's hard to see the German automaker giant exceeding this effort, but the 911 is the car that keeps on giving — and if history has taught us anything...









BY **KEITH GORDON**

HELL ON WHEELS

A groundbreaking release from the Mexican company Inferno may be the most extreme supercar on earth...

In recent years, the world has been graced with several Mexican supercars, including the Mastretta MXT and the Vuhl 05, but none have truly captured the imagination of the global automotive community. But thanks to a new company called Inferno (after Dante's *Divine Comedy*), Mexico will soon lay claim to one of the most extreme cars the world has ever seen. Possessing 1,400 horsepower and capable of going from zero to 62 mph in less than 2.7 seconds, the Inferno Exotic Car (yes, that's its real name) represents a real challenge to famous hypercar brands including Koenigsegg, McLaren, and Pagani.

With a top speed of 245 mph and a weight of less than 2,646 pounds, Inferno is edging into "megacar" territory, defined as a car with more than 1,341 horsepower (or a megawatt of power). The most groundbreaking aspect, though, is the patented "Metal Foam" skin that has never before been utilised on a car. An alloy of zinc, aluminum, and silver, the material helps reduce weight but also features hyperplasticity, with the ability to stretch 100 times its length without losing its inherent properties.

Essentially you get armoured-car strength in a Mini Cooper–weight vehicle. The Inferno Exotic Car just might be the future of world-class automotive design and continues what the Mastretta MXT and Vuhl 05 began — putting Mexican automotive brands on the global stage.



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TRULY ELECTRIC

Rimac Automobili's groundbreaking Concept_One is an electric car built for the future...

BY **KEITH GORDON**



Perhaps there's truth to the old adage "There's no such thing as bad publicity." Mate Rimac, the 29-year-old CEO of Rimac Automobili, certainly hopes so.

Back in June 2017, Richard Hammond, the presenter of Amazon Studios' series *The Grand Tour*, stepped into one of Rimac's Concept One electric supercars for a hill climb in the Alps. Near the top of the run, the host lost control of the car and was launched sideways off the road, flipping down a steep embankment. Thankfully, Hammond escaped the wreck before it caught fire. But footage of the crash went viral, and just like that, the Concept One was infamous.

It's a shame, because if there was any justice in the world the Concept One would have already been widely known before Hammond's crash. With it, Mate Rimac has reimagined the electric car for the next century. While Tesla has proven the market viability of electric vehicles, and brands like Ferrari, McLaren, and Porsche have pushed the bounds of possibility of a hybrid supercar, no one has yet produced a true electric supercar, never mind one that works as a daily driver.

The Concept One was built from scratch because of its groundbreaking powertrain. Instead of having a centrally located combustion engine, each of the car's four wheels have their own powerful, permanent magnet electric motor. Located centrally on their respective axles, the motors provide better weight distribution and a lower center of gravity than cars with traditional powertrain layouts. Combined, the motors produce 1,224 horsepower and 1,600 newton meters of torque, with the instantaneous and consistent delivery of power at which electric motors excel. This allows the Concept One to accelerate from zero to 62 mph in a whiplashfast 2.5 seconds.

The key to Rimac's performance capabilities is its Rimac All Wheel Torque Vectoring (R-AWTV), which uses sensors located throughi out the vehicle to determine how much power to send to each wheel for optimal performance. The driver is given complete control over the settings; he can race the car all weekend, and drive it to work in comfort on Monday morning.

If Rimac's groundbreaking electric motor technology and innovative chassis design don't grab your attention, then you might want to check out the Concept One's "evil twin," the Concept S. Adding to the foundation of the standard car, the Concept S has 160 more horsepower for a total of 1,384, while cutting 221 pounds of weight. And the Concept S's aerodynamic design produces 30 percent more downforce. With performance numbers like those, both of Rimac's electric supercars will soon be getting a lot of publicity — this time, for all the right reasons. ■





Concept_One	Concept_S
0-62 MPH 2.5s	2.5s
0-124 MPH 6.0s	5.6s
0-186 MPH 14.0s	13.1s
TOP SPEED 221mph	227mph
WEIGHT 4,189lbs	3,968lbs
HORSEPOWER 1,224hp	1,384hp

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THE DEATH DEFIER

How rock climber ALEX HONNOLD conquered Yosemite's El Capitan without ropes and achieved legend status in the process...

BY **JAMES JOINER**
PHOTOGRAPHED BY **JIMMY CHIN**

A dizzying half-mile above the ground, Alex Honnold stretched his arm and fingers: long, sinewy appendages toughened by rock climbing's constant, unyielding demands. Calmly, deliberately, he sought a hold, the tips of his fingers suctioned around it, impossibly finding enough purchase to continue up the remaining 500 vertical feet.

Since modern climbing's roots dating back to the mid-1900s, California's El Capitan, a granite monster towering above Yosemite National Park, has seen its share of conquerors. Generations of agile, ultra-fit stone worshipers have tested their mettle against what has become one of the world's most iconic faces. Physically arduous doesn't even begin to describe the accomplishment, and careers have been made with speedy ascents or by clambering new routes.

Honnold is different, however. Those who came before him had hedged their bets with a safety system of ropes and bolts and modular sleeping platforms, a veritable spider's web to hopefully save them from more than a bruising whack against the stone wall should they slip. Alex Honnold had none of this. Suspended there, clinging to the uncaring granite hundreds of times past the height of a fatal fall — the so-called "Death Zone" — he used nothing but his own wits, strength and preternatural calm to successfully climb El Capitan's 2,900-foot nose route on June 3, 2017, in just under four hours.



Honnold specialises in what's called free soloing, which means no ropes, harnesses, or other safety equipment. "If you fall, you die," he says

No ropes. No safety net. Nothing.

"The movement is sort of the same," he told me a month later, when he was midway through a climbing trip in Wyoming. Honnold's voice is soft, but also goofier than you'd expect from a man who deliberately challenges death over and over again, and his California roots show through in his surfer's inflection. "I mean, the mechanics of climbing are sort of the same however you're doing it, whether you're in the gym or on a big wall. But the mind-set is actually fairly different. Because, like...well, when I'm soloing, obviously falling is totally out of the question. Like, if you fall, you die."

If you fall, you die.

It's an intimidating statement, one whose seriousness isn't diminished by the climber's casual tone. But Honnold, at just 32 years old, has already attained legend status by pulling himself, unaided, up hair-raising ascents such as two on El Capitan's neighbor, Yosemite's 2,000-foot Half Dome, in 2008 and 2012.

Not to be confused with free climbing, in which the climber uses ropes as a protective measure but not to assist in the actual climb, free soloing is both unprotected and unassisted. Just the climber and the wall, nothing but presence of mind and a highly tuned skill set between glory and violent failure. It's a fringe of the sport whose learning curve is a boneyard littered with otherwise accomplished



athletes. Watch him spider across a vertical plane, with or without protection, and it seems as though Honnold is genetically engineered to do what he does. In a way, he is. In the spring of 2016, neurologists conducted a series of experiments to deduce that, while completely functional and healthy, Honnold has, perhaps subconsciously, trained his brain not to register fear the same way mere mortals do. Coupled with preternatural concentration abilities, this means that where you or I would freeze on a razor-thin ledge 2,000 dizzying feet from a boulder-littered valley floor, Honnold simply reacts calmly and rationally.

Born in Sacramento, California, Honnold was a straight-A student who was just "always climbing on stuff." His introduction to the actual sport came randomly, when his parents brought him to a newly opened climbing gym. He was immediately hooked, and spent the next eight years there honing his craft, growing more and more passionate about climbing and the culture around it. It didn't take long before he became interested in soloing.

"I just grew up always thinking that soloing was kind of rad," he admitted. "Even in the gym, I did a bit of soloing after-hours and stuff like that. Just playing around. I always just thought it was cool. And then once I left the gym and started climbing outside more, I basically started dabbling in everything."

While he excels across the medium, Honnold has become worldfamous for what he does on the lunatic fringe. Ironically, his free soloing is, to hear him tell it, the least exciting part of his job. "The thing with soloing is you don't really experience adrenaline unless something has gone wrong," he laughed. "Like, you get that rush of fear because something crazy just happened, like you broke a hold or thought you were going to fall. But the actual climbing is closer to meditative. Slow, controlled, and relaxed." He paused, then added, "The other thing with soloing is that you never give a full 100 percent effort." Honnold explained that when climbing with protection, falling is an accepted part of the process, allowing the climber to make a total physical commitment to each maneuver.

"Regular" climbing may take more instantaneous commitment, but death-defying feats like his El Capitan route don't come without their demands. Far from it — he worked out 35 hours a week for months before his attempt. A vegetarian, he also cut out sugar, at least until he made the climb and celebrated with chocolate French toast at Sunday brunch. I asked him how his growing fame has impacted his ability to just go climbing, and he shrugged it off. Climbers, it seems, aren't the sort to be wowed by their own internal celebrity, and Honnold's intense humility reflects this. Still, it is something he occasionally encounters.

"People assume I'm some kind of superhuman, like ultra-strong, but I'm not, you know? I'm a good climber but I'm not a prodigy or anything. I'm not, like, freakishly strong. So anybody watching is sort of like, 'Aw, I really thought he would do that route.' And I'm like, 'Nope, I totally failed, because it's just too hard.'"

So what's next? How does Honnold plan to once again blow our collective minds? How do you one-up the gnar of El Capitan?

He either doesn't know or won't say. For now, he's busy updating his best-selling book, Alone on the Wall, to include his most recent exploit, plus there's a feature-length documentary coming that details the El Cap mission. Business as usual, or at least what passes for it when you're a world-famous, nomadic professional rock climber.

"I think climb some bigger mountains, climb harder sport routes," Honnold mused nonchalantly. "Just catch up on the rest of life. The last year and a half I've been so highly focused on El Cap I've done hardly any work stuff, hardly any sponsor obligations. I've been off the grid a bit. It'd be good to catch back up so I don't get fired by my sponsors and stuff, you know?" ■



Neurologists conducted tests on Honnold and discovered that he doesn't register fear the way mere mortals do. For him, free solo climbing is a meditative experience



The Players' Guide to VEGAS

Las Vegas has emerged as America's best entertainment destination — with world-class dining, off-the-Strip adventures and dusk-till-dawn partying...



24-Hour PARTY PEOPLE

With the rise of megaclubs and EDM, Las Vegas is America's best nightlife destination

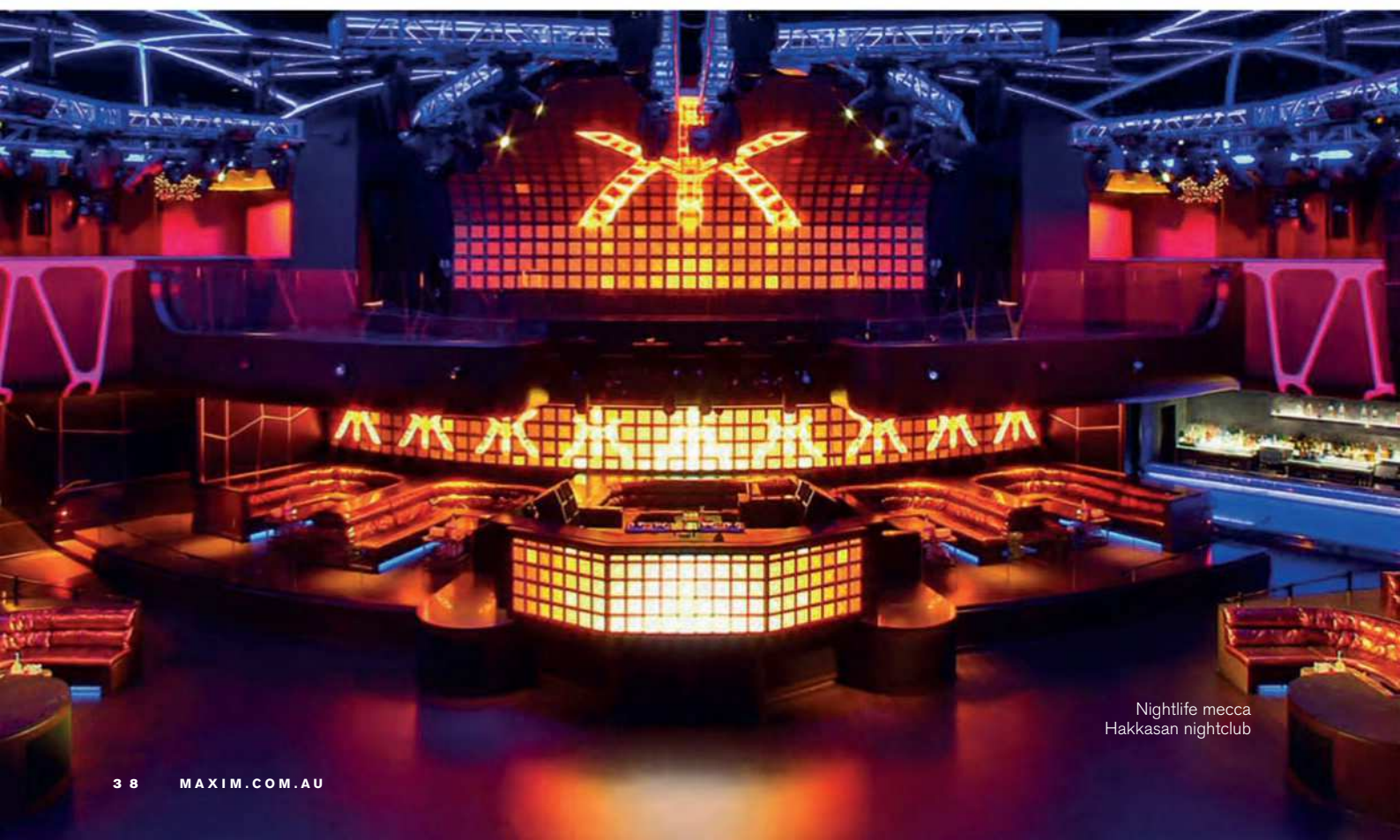
BY **MITCH MOXLEY**

The emergence of EDM — electronic dance music, an umbrella term that covers subgenres including dubstep and house — has made partying as important to Las Vegas' revenue as gambling. In 2014, seven of the top 10 nightclubs in the country were in Sin City. The city's biggest clubs fight to book the top names in EDM — including Tiësto and Diplo — drawing crowds by the thousands. Meanwhile, popular day clubs, like the 54,500-square-foot Wet Republic at the MGM Grand, Rehab Beach Club in the Hard Rock Hotel & Casino, and Marquee Dayclub in the Cosmopolitan of Las Vegas, mean visitors never have to wait very long before the next party starts.

King of the Strip since it opened in the MGM in 2013, Hakkasan Nightclub is a fusion of high-end dining and go-all-night clubbing and is home to famous DJs, among them Calvin Harris and Steve Aoki. Over at Aria Resort & Casino, the 24,000-square-foot, dual-level Jewel Nightclub is the city's current hot spot. Formerly known as Haze, Jewel's two spaces — the main club and a mezzanine with five VIP skyboxes — can accommodate nearly 2,000 partyers to catch some of the world's biggest performers.

Longtime favorite The Bank Nightclub at the Bellagio regularly features world-class DJs and hosts a renowned industry party every Sunday. New York transplant 1 OAK in the Mirage Hotel & Casino, a 16,000-square-foot space with two separate rooms, each with a full-service bar and DJ booth, opened on New Year's Eve 2011 with a party featuring Fergie and Kanye West. The highest-earning club in the city is XS Nightclub at Encore Las Vegas Resort at Wynn, where a private table can cost US$10,000 and a featured cocktail goes for the same; it brought in an estimated US$105 million in 2014. Wynn also recently unveiled Intrigue, a 14,000-square-foot space that also includes a patio with an expansive view of the resort's waterfall and pyrotechnics show. Omnia Nightclub at Caesars Palace features a state-of-the-art sound system put to use by DJs such as Afrojack, Armin van Buuren and the Grammy-nominated artist Kaskade, who recently launched his residency at the club. XS Nightclub at Encore Las Vegas recently unveiled upgrades in lighting, video, and pyrotechnics to the tune of US$10 million.

The Chainsmokers production duo signed an exclusive three-year residency to kick off this year. DJs Alesso, David Guetta, and Skrillex will also perform at the club.



Nightlife mecca
Hakkasan nightclub







Commonwealth cocktail bar in downtown vegas

THE NIGHT OWL

For nearly two decades, ANDY MASI has transformed Vegas nightlife

BY **JUSTIN ROHRLICH**

After working a full nine hours in the office, Andy Masi is ready to start the second half of his day. Described by *Las Vegas Weekly* as "one of the architects of modern Las Vegas entertainment," Masi, the cofounder of Clique Hospitality and former CEO of Light Group, heads home around 5p.m. for a quick change of clothes, then hits four or five of the nine venues he owns and operates around town.

At each property, he runs through a mental checklist: What's the vibe like? Who are the customers in the room? What's the food like? How's the music? "I grab a drink with customers, have a bite, have a laugh, and that's how I spend most of my nights, till about 1a.m.," Masi says.

A New York City kid, Masi paid his way through Boston University as a bartender. He got to Vegas in 1998, and the following year he helped Isaac Tigrett, the cofounder of Hard Rock Cafe, open House of Blues. It was the beginning of the city's shift to being as much an entertainment destination as a gambling one, and Masi decided to throw his hat into the nightlife ring. Through a friend, Masi and his then partners were introduced to legendary hotelier Steve Wynn, who was looking to open a high-end nightclub in the newly opened Bellagio.

In 2001, the now relocated Light was the first club in the city to require bottle service in its VIP area, Masi says. However, before the crowds began arriving at midnight, "they had nowhere to go to eat or drink. So we opened up a steakhouse." This was followed by top-drawer eateries in other hotels, including the Mirage, Aria, the Monte Carlo, and Treasure Island. In 2015, Masi struck out on his own, forming Clique with executive chef Brian Massie and food and beverage director Shane Monaco. The trio just opened three brand-new venues in San Diego's Pendry Hotel.

Las Vegas has undergone massive changes since Masi arrived nearly two decades ago, thanks in no small part to his own influence on the scene. "At the beginning, it was 60 percent gaming, 40 percent hospitality. Those numbers have flipped – now it's 60 percent hospitality, 40 percent gaming. The majority of people come because there are incredible restaurants, incredible hotels, a great spa experience. Entertainment in Vegas has evolved to the point where the gaming is almost secondary."



Rest for the WICKED

Even the hardest partyers need a place to crash for a few hours. Here are some of the best digs Sin City has to offer

BY **JUSTIN ROHRLICH**

In a town where most hotel windows don't even open, many of the 2,995 rooms at the Cosmopolitan of Las Vegas — the second part of the name was added in 2010 after a lawsuit from the owner of *Cosmopolitan* magazine — feature large private terraces overlooking the Strip. The property's "pool district" includes the multilevel Boulevard Pool, meant to evoke the atmosphere of a yacht club, the spalike Bamboo Pool, which offers poolside chair massage, and the Marquee Dayclub, which is exactly what it sounds like: poolside. There are two giant fitness centres, where guests can work off all of that day drinking.

There's no casino at the Mandarin Oriental at CityCenter Las Vegas, and that's part of this serene property's appeal. The 392-room hotel is the only "triple five-star" resort on the Strip — meaning it has been recognised for its lodging, restaurants and spa. Twist by Pierre Gagnaire, on the 23rd floor, serves a seven-course tasting menu with seven wines for US$777. Afternoon tea can be had at the Tea Lounge for a relatively modest US$40.

The theme at the Venetian is, obviously, Venice. Complete with gondoliers singing and rowing tourists down an ersatz "Grand Canal," this resort also features certain touches you likely won't find in the royal palazzi of Venice, like remote-control curtains in each room and Tao Beach, a poolside club for the 21-and-over crowd. There's no shortage of celebrity chefdom here — there are restaurants by Mario Batali, Wolfgang Puck, Emeril Lagasse, Thomas Keller, and Buddy "the Cake Boss" Valastro on-site. Guests can use the in-house Canyon Ranch SpaClub.

The casino-free Four Seasons Las Vegas is a hotel within a hotel, occupying floors 35 to 39 of the Mandalay Bay resort. Gamblers can play downstairs at the Mandalay Bay; others can lounge by the 8,000-square-foot pool. The newly renovated spa features a "Gentlemen's Collection" of services, which include the "Executive Renewal," a full-body massage combined with a back and foot scrub, the stress- relieving "Muscle Melt Massage," and "Back Cure Facials." Trattoria-style dining can be found at chef Antonio Minichiello's Veranda, and prime meats are on offer at the eponymous Charlie Palmer Steak.

At Caesars Palace, guests can now rent one of four opulent villas that were once off-limits to everyone except specially invited high rollers. Each runs approximately 10,000 square feet and comes with 24-hour butler service. The Marcus Aurelius Villa comes with a grand piano. The Titus Villa comes with a billiards room. All come with their own patio, whirlpool spa, fire pit, and round-trip limo service to and from the airport. Prices for these two villas begin at US$25,000 per night each.

The 181-room Nobu Hotel is a hotel within a hotel at Caesars and the first from legendary restaurateur Nobu Matsuhisa with partner Robert De Niro. Room service from the Nobu kitchen is available, as is a two-story penthouse with vaulted ceilings and a pool table. The 10,300-square-foot Nobu Villa rivals the ones on offer at the Caesars mother ship; rates begin at US$35,000 per night.

It has its own sauna, media room, and a 4,700-square-foot deck, barbecue pit, pizza oven, and full bar. The villa comes with Fili D'oro sheets and a private elevator. Like the Caesars villas, your reservation includes limo service to and from the airport.







THIS PAGE: The Forum Shops at Caesars Palace;
OPPOSITE PAGE (FROM TOP): "Seduction" by Digital Kitchen in the Cosmopolitan's West Lobby; Titus Villa at Caesars Palace



ADRENALINE FIX

Need a break from the slots? Vegas has plenty of adventure, from racetracks and machine guns to full-fledged aerial combat

BY **JUSTIN ROHRLICH**

In 2013, 15 percent of the city's visitors said gambling was the "primary purpose" of their trip, according to the Las Vegas Convention and Visitors Authority. In 2014, that figure dropped to 12 percent, and further to 10 percent in 2015. Consequently, there's now plenty to do outside the casino. Want to parachute into the desert, race a truck around, then blow up a cab while shooting at it with an Uzi? Done. For an extra US$160, VORE, the Vegas Off Road Experience, will let you choose from a variety of machine guns to shoot as part of your four-wheeling experience. An additional two grand gets you a cab preloaded with a 10-pound explosive charge, which you'll set off by strafing it with rounds from a Remington 700 bolt-action rifle.



If you want to take the fight to the sky, for about a thousand bucks you can put yourself behind the controls of an Extra 330LC fighter-trainer aircraft at Sky Combat Ace. Take the stick as the instructor in the backseat guides you through a simulated dogfight, giving you the chance to prove your aerial superiority over your buddies by shooting them out of the sky. Word to the wise: Hangovers don't mix well with barrel rolls and zero-G maneuvers.

For a less harrowing but still mesmerising aerial experience, Maverick Helicopters offers night flights above the Strip for US$124 per person, which includes a glass of bubbly before you take off. Daytime flights on Maverick's fleet of Airbus ECO-Star EC-130s are also available, offering passengers a glimpse of Nellis Air Force Base and the Las Vegas Motor Speedway. Other destinations include the Grand Canyon and the Valley of Fire State Park.

Golf is hardly ever considered an "adventure," but Topgolf gets closer than most driving ranges you've likely been to. Part driving range and part computer game, it offers an interactive hitting experience sure to please golfers of any skill level. Nongolfers can enjoy a full menu and bar, a TV at every bay, sofas, and foosball and pool tables. Of course, so can golfers. The yellowtail sashimi is excellent, and the Frozen Mules are lethal.

Any licensed driver over the age of 18 can do things at SpeedVegas that would get him or her arrested on the street. The 1.5-mile track features 12 turns and chicanes with 20-degree banks and a quarter-mile straightaway where speeds of 150mph – plus are attainable. Two-time Daytona 500 winner Michael Waltrip recently showed up and took a Porsche 911 GT3 around the circuit, and members of the University of Kentucky men's basketball team were there a few days before our visit. Five laps in a Lambor-ghini Huracán will set you back US$395; seven laps are US$474. Other cars available: Lamborghini Gallardo (US$295), Ferrari 458 Italia (US$395), Porsche 911 GT3 (US$295), Corvette Z06 (US$295), Mercedes AMG GT S (US$245), Audi R8 (US$245), Nissan GT-R (US$245), Porsche Cayman GTS ($195) and Shelby Mustang GT (US$195). And as with Sky Combat Ace, you'll want to bring a strong stomach.

TOP: A night flight with Maverick Helicopters; **LEFT:** Topgolf is part driving range and part computer game

Viva... DOWNTOWN?

Long blighted and lawless, Las Vegas' city centre is so hot right now — thanks to a tech millionaire and a handful of local visionaries

In September 2013, Zappos CEO Tony Hsieh moved the company's 1,600 employees into the former Las Vegas City Hall downtown, north of the Strip. The decision was symbolic of Hsieh's wider ambition: to breathe life back into the city's shattered central core. Hsieh, whose company was sold to Amazon in 2009 for US$1.2 billion, invested US$350 million in 2012 into a downtown revitalisation venture — aptly called the Downtown Project — with funds allocated to real estate development, tech, arts, education, and loans to small businesses.

Today Hsieh, who has a net worth of about US$780 million, lives in an Airstream in a trailer park he also owns, complete with two alpacas, in the middle of downtown. Around him, the area is slowly coming to life. After World War II, downtown Vegas was the place to be, with a bounty of vibrant hotels and casinos. Then, in 1989, Steve Wynn opened the first resort on the Strip and everything changed. Downtown became a virtual no-go zone; the once-charming motels were boarded up and abandoned, their vintage signage carted to the outskirts of town. (They now make up a museum commonly known as the Neon Boneyard.)

Thanks to Hsieh and a band of energised locals, stroll through the core today and you'll see massive murals by the likes of Shepard Fairey alongside cocktail bars and cutting-edge restaurants. Renewal has been slow, with some notable setbacks and speed bumps, but downtown Las Vegas is again becoming a destination of its own.

"The future Downtown East Fremont is a story about gumption, innovation, and aspiration," says Ryan Doherty, chief experience officer at Life Is Beautiful, an annual music, arts, and culinary festival, and a partner in several bars downtown. "I have seen some very creative plans for empty spaces and future residential developments, and I have met some exciting people who all have ideas to build or occupy spaces in this area."

Downtown Container Park, an urban mall made from repurposed containers and featuring boutique shops and restaurants, was one of the early signs of revival. Out front is a giant fire-breathing praying mantis Hsieh adopted from Burning Man. Nearby, the Arts Factory anchors the downtown art scene, while the Gold Spike, a 24/7 bar, restaurant, and game room featuring oversize diversions like cornhole, Jenga, and chess, is a playground for the growing number of locals moving downtown. Catch live music outside and a DJ inside before crashing at a room in the Oasis at Gold Spike, a retro boutique hotel with rooms featuring turntables and vinyl and a pool that would be a fitting set in Casino.

The downtown dining scene is small but growing. Eat was opened in 2012 by chef Natalie Young with help from the Downtown Project. It's a hearty breakfast-and-brunch spot with surefire hangover cures like truffled-egg sandwiches and shrimp and grits. Another Natalie Young spot, Chow, offers a fusion of Southern fried chicken and Chinese cuisine. Order a whole bird, brined overnight and fried to order, with sides of pot stickers, riblets, and crab Rangoon dip.

Grab a beer in a go-cup and take a stroll — or ride the zip line — down the devilishly kitschy Fremont Street Experience, past old-school casinos and street performers. Then start a local bar crawl at Downtown Cocktail Room, which, when it opened in 2007, pioneered the mixology scene. Head to Fremont East and check out two bars owned by Ryan Doherty and his partner, Justin Weniger: Park on Fremont, a neighbourhood pub with eclectic artwork adorning the walls, and Commonwealth, a 6,000-square-foot cocktail bar with a raucous roof deck and a speakeasy in the back called The Laundry Room.

Don't miss Atomic Liquors, a few blocks up on Fremont East. Back in the '50s, drinkers would get a beer and climb the roof of this bar to watch the atomic-bomb tests out in the desert. Now a popular hangout with locals, it's been refurbished and features memorabilia that includes a vintage Geiger counter.

In Autumn, Life Is Beautiful takes over downtown. Launched in 2013, the festival has drawn acts such as Foo Fighters, Stevie Wonder, and Mumford & Sons. This year's festival runs from September 22 to 24. "Going into our fifth year, we have introduced hundreds of thousands of festivalgoers to the area, with a lot of them returning throughout the year to enjoy everything else the Fremont East Entertainment District has to offer," Doherty says. "Life Is Beautiful also helps to amplify the area with a wide-scale advertising campaign for the festival, which brings awareness to our little downtown gem every fall." ■



CityCenter Las Vegas

The KINGMAKER

The big bets that made SHELDON ADELSON Las Vegas' most powerful man...

BY **ABBY TEGNELIA**

Casino mogul Sheldon Adelson's big visions for changing Sin City were once decried by the city's elite. But Adelson's billion-dollar instincts — and his guts to follow through on them — have made him one of the most influential businessmen in the city and in the world.



Adelson's fortitude and resourcefulness were nurtured during his tough childhood in the working-class neighbourhood of Dorchester in Boston, Massachusetts. A born entrepreneur, he quit college and went on to build the trade show business Comdex from the ground up, selling it in 1995 for US$860 million — more than US$500 million of which went to his personal fortune. In his early 60s, with an impressive nest egg, Adelson was nowhere near retiring, instead setting his sights on the glittering Las Vegas Strip. "He told me once, 'I don't play golf. I love to work,'" says Rob Goldstein, president and COO of Las Vegas Sands Corp., Adelson's company. When Adelson bets, he bets big, and the results have been monumental.

Back in the 1980s and well into the '90s, Vegas was strictly a gambling town, making all of its money at the tables and slot machines. Touches of luxury were appearing, but it was still predominantly a town of the US$7.99 buffet — just edible enough to get you fed and back on the casino floors. On weekends, those floors were packed. But the hotels were largely vacant on weekdays.

Adelson figured out a way to fill the empty rooms. He opened the US$105 million Sands Expo & Convention Center, the country's first privately owned convention hub, in 1990 and the US$1.9 billion Venetian Las Vegas right across the street in 1999. With oversize rooms featuring the likes of fax machines and desk space, conventioneers could get work done in comfort. Adelson did it all without any public funding.

"People said big companies wouldn't come to Vegas because it was too distracting and down-market," says journalist Steve Friess, who has covered Adelson and Las Vegas for more than 20 years. "So he built the Venetian





upmarket. He wanted his own massive expo centre, when every other city used publicly funded convention centres that were subsidised."

Wall Street deemed the project too risky, and he was hit with sky-high interest rates. *The Wall Street Journal* famously sneered that his plans led insiders to wonder "whether Mr. Adelson has taken leave of his senses" and quoted an executive who asked if he was "smoking something."

"People were so confused about it," Goldstein says. "But he just laughed at them." The Venetian would go on to become one of the most profitable casinos of all time and the city synonymous with business conventions.

"Vegas zoomed to the top of the list of cities holding conventions," Friess says. "Sheldon was the one who saw it." When Adelson, as chairman and CEO, took his Las Vegas Sands Corp. public in 2004, he held on to 87 percent of the company. He started climbing on the Forbes billionaires list. For years, his personal shares garnered him nearly a whopping US$1 million an hour.

By 2007, he was the richest man in Vegas and the third richest man in the U.S., worth an estimated US$28 billion, according to Forbes. Despite his success, Adelson is still not a household name. In fact, many of the millions of people who pass through his beloved hotels don't know his name at all. ("Sheldon deserves a lot more credit than he gets," admits Friess).

They're more likely to have heard his name from headline-making political donations — he famously gave just US$5 million to Donald Trump, which was considered a snub, and US$45 million to Republican campaigns overall in the last election cycle) — or from his funding of antidrug initiatives in honour of his son Mitchell, who died from a drug overdose.

But to the elite of the elite of Las Vegas, he is revered for his business acumen. "His sense of innovation is truly one of a kind," says Larry Ruvo, cofounder of Keep Memory Alive, a Las Vegas nonprofit and event centre, and senior managing director of Southern Glazer's Wine & Spirits of Nevada. "He is a very smart, intuitive businessman, and I have enormous respect for him. Sheldon is a risk-taker, but I would bet on him every time."

Adelson, now 84, and his wife, Miriam Adelson, M.D., run the Adelson Clinic for substance abuse treatment. She is accomplished in her own right. "He has only one boss — his wife," Goldstein says with a laugh. "He has a lot of heart. I think that would surprise people. He'll listen carefully to what you're saying even if he doesn't agree with it. I'm surprised by some of the people who get through to talk to him. He's a very approachable guy. He'll talk to the guy who brings lunch the same as someone on Wall Street."

But at his office — which Friess says is filled with framed copies of magazine covers bearing his likeness — "He's keeping score; I'm just not sure who he's keeping score with" — Adelson is a shark.

He's also fearless. Take his venture in Macau, Asia's gambling mecca, which brings in four times the revenue of Las Vegas. In 2007, just as the U.S., and Las Vegas in particular, was about to be hammered by the financial crisis, Adelson opened the sprawling Venetian Macao, a property so ambitious that the only available space to house it was a chunk of reclaimed land sandwiched between two islands, now known as the Cotai Strip. The economic turmoil of the recession hit Adelson hard.

But Adelson never lost faith. Instead, he invested US$1 billion of his own money to finish the Macau projects and keep his company afloat. "Self-confidence — either you have it or you don't, and he has it," Goldstein says. "He gambles billions a minute, on a whole other level of risk-taking. He thinks about it strategically, and then once he's committed, he's 110 percent. He has complete confidence in his judgment. He doesn't retreat."

Today, Adelson is back on top, with a massive net worth of about US$30 billion, according to Forbes. Along with his Las Vegas properties and others in the United States and Singapore, he also owns three more Macau casinos: Sands Macao, Sands Cotai Central, and his newest, the Parisian Macao. The Venetian Macao, meanwhile, is the largest casino in the world — all on land that only Sheldon Adelson had the guts to turn into a gold mine. ■

ABOVE: The US$1.9 billion Venetian Las Vegas opened in 1999; **OPPOSITE:** The rooftop pool at Adelson's Marina Bay Sands resort in Singapore

BIODYNAMIC WINE IS THE FUTURE

Wineries are seeking to connect back with nature — and make world-class vintages in the process...

BY **JAKE EMEN**



Just when you start feeling comfortable ordering a bottle at the trendy natural wine bar in town, here come biodynamic wines. They're actually nothing new, but their popularity is soaring and proponents claim they may be key to wine's long-term future. So what the hell are they?

"Biodynamic is beyond organic," explains Alina D'Amelia, a guide with Podere Còncori, a biodynamic winery beautifully situated among the mountains in Gallicano, a town in the northwest of Tuscany that I visited not long ago. "You also try to stay in balance and harmony with nature."

Whereas the organic credo is essentially one of nonintervention, biodynamics seeks to do more: to cure, remedy, improve, and, chiefly, connect back with nature. "Biodynamics are important because making wine is about farming — and we should take back control of the soil," says Gabriele Da Prato, Podere Còncori's winemaker and one of the cofounders of LuccaBioDinamica, a local organisation dedicated to biodynamic agriculture. The majority of winemakers in the province of Lucca are small and independent, making it possible for them to quickly adopt such practices. Today, approximately half are biodynamic.

Austrian Rudolf Steiner's lectures from the 1920s birthed the movement, while certain of his principles, such as following an astronomical calendar, were popularised centuries earlier with The Farmer's Almanac and indeed go as far back as humans have been successfully sowing fields. Steiner also had some ideas that seem a bit out-there these days, like a belief in a mystical life force in everything that grows.

Da Prato prefers a more grounded type of biodynamic winemaking. "You need to have the winemaker at the center of the farm, like a father with his children," he tells me. "Walking the farm, inch by inch." The result is what some would call the fullest possible expression of terroir, a wine's characteristic taste and flavor as imparted by the surrounding environment. "The final product will be a product not of technology but of nature," Da Prato says.

> "THE FINAL PRODUCT WILL BE A PRODUCT **NOT OF TECHNOLOGY BUT OF NATURE.**"

Wine drinkers in the area are taking note of the quality of that final product, too. Podere Còncori sees enough traffic, in part thanks to the nearby Renaissance Tuscany Il Ciocco hotel, that it typically sells out of its supply by October, halting tours until the following April, when the new vintage becomes available. The winery's popular Melograno — predominantly Syrah with a blend of local grapes from old vines — has spurred on the term "Melogranised," referring to the convivial and blissful state of mind obtained after a glass or two. With a few glasses under our belts already, Da Prato turns on some music in his tasting room, and then says that with biodynamic farming, "You're improvising... but on a solid base." The tunes? Jazz, of course. "His approach is like that of an artist," D'Amelia adds. "It's about being flexible and going with the flow of nature."

And there's the key virtue of biodynamic wines: their flexibility and adaptability. "There is an emergency now," Da Prato says of climate change. If it continues, he and folks like him believe the only way for vines in many parts of the world to survive and flourish will be with biodynamic practices. "This is the concept I love. This is the fundamental truth." ■

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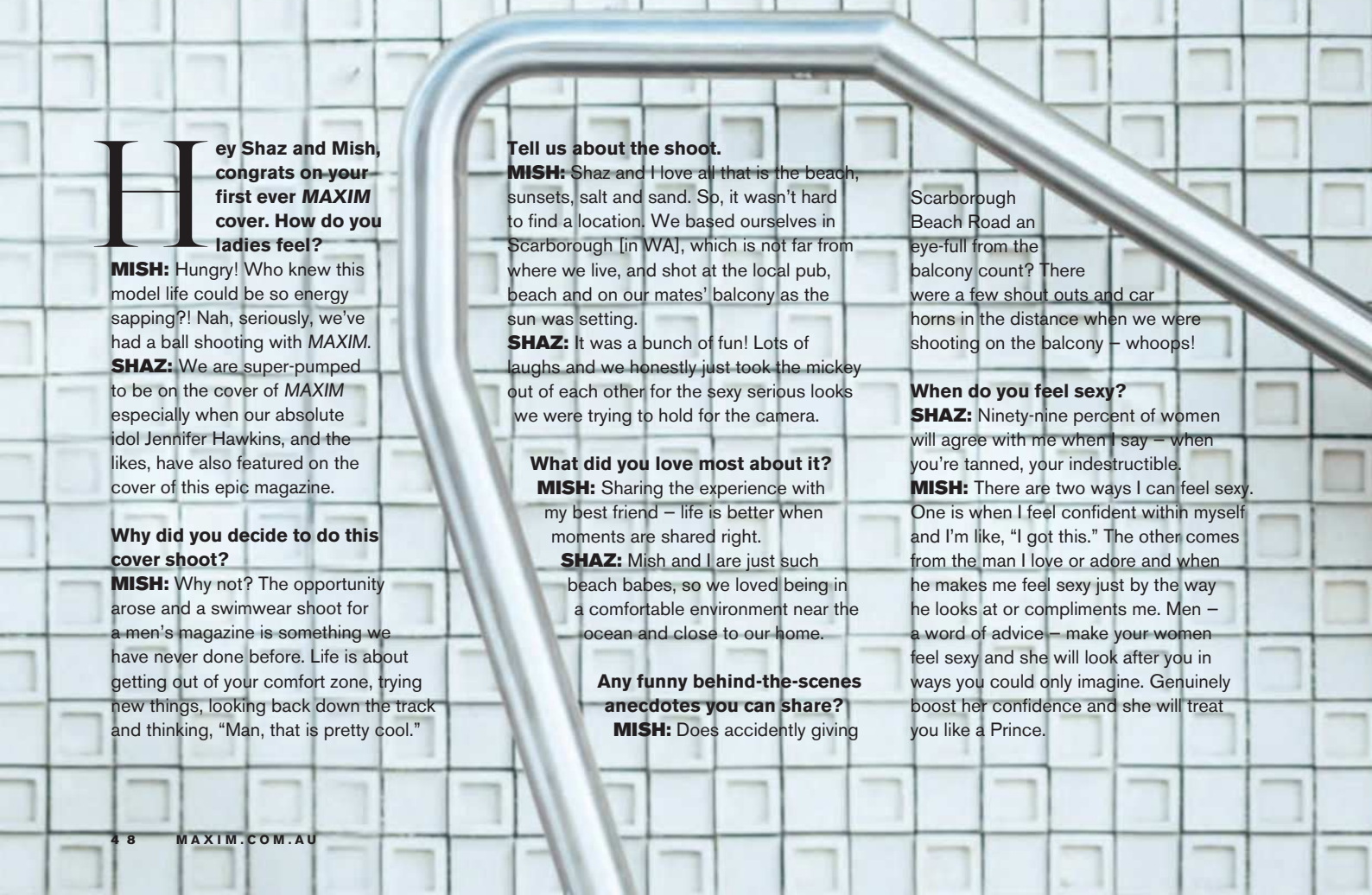
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SHARON & MICHELLE TWINNING

Sexy *Married At First Sight* sisters SHAZ & MISH MARSH tell us about their new venture, share dating tips, reveal what it's like posing in bikinis for *MAXIM* and lift the lid on reality TV. Enjoy...

PHOTOGRAPHED BY **BENJAMIN RICHES (@B.REX_)**
INTERVIEW BY **SANTI PINTADO**



Hey Shaz and Mish, congrats on your first ever *MAXIM* cover. How do you ladies feel?
MISH: Hungry! Who knew this model life could be so energy sapping?! Nah, seriously, we've had a ball shooting with *MAXIM*.
SHAZ: We are super-pumped to be on the cover of *MAXIM* especially when our absolute idol Jennifer Hawkins, and the likes, have also featured on the cover of this epic magazine.

Why did you decide to do this cover shoot?
MISH: Why not? The opportunity arose and a swimwear shoot for a men's magazine is something we have never done before. Life is about getting out of your comfort zone, trying new things, looking back down the track and thinking, "Man, that is pretty cool."

Tell us about the shoot.
MISH: Shaz and I love all that is the beach, sunsets, salt and sand. So, it wasn't hard to find a location. We based ourselves in Scarborough [in WA], which is not far from where we live, and shot at the local pub, beach and on our mates' balcony as the sun was setting.
SHAZ: It was a bunch of fun! Lots of laughs and we honestly just took the mickey out of each other for the sexy serious looks we were trying to hold for the camera.

What did you love most about it?
MISH: Sharing the experience with my best friend – life is better when moments are shared right.
SHAZ: Mish and I are just such beach babes, so we loved being in a comfortable environment near the ocean and close to our home.

Any funny behind-the-scenes anecdotes you can share?
MISH: Does accidently giving Scarborough Beach Road an eye-full from the balcony count? There were a few shout outs and car horns in the distance when we were shooting on the balcony – whoops!

When do you feel sexy?
SHAZ: Ninety-nine percent of women will agree with me when I say – when you're tanned, your indestructible.
MISH: There are two ways I can feel sexy. One is when I feel confident within myself and I'm like, "I got this." The other comes from the man I love or adore and when he makes me feel sexy just by the way he looks at or compliments me. Men – a word of advice – make your women feel sexy and she will look after you in ways you could only imagine. Genuinely boost her confidence and she will treat you like a Prince.



What is your best asset?
MISH: Physically – my height. Emotionally – my adaptability.
SHAZ: Me x 2 :).

What do you love about each other?
SHAZ: Mish brightens the room!
MISH: Shaz has two sides to her – Serious Shaz and Very Witty Shaz. And when she turns it on – it's on!

For those who don't know a lot about you ladies, give us a little more background about yourselves.
MISH: We were raised in a small country town called Manjimup in Western Australia. We had a small farm separate to our property, two dirt bikes and played plenty of sport. We moved to the big smoke, that is Perth, later in life but I also lived in London for five years. I loved it but it made me appreciate just how good we have it in Australia – the Lucky Country.
SHAZ: People seem to forget I'm in construction and work my butt off. I'm not afraid of hard work.

What else do you girls when you're not posing for MAXIM?
SHAZ: We have our own wine label called Twiins Wine and we've been working on this baby for the past few years. We are very proud of the final product.
MISH: Yes, we launched it last October, so if I'm not drinking it, I'm selling it.

And you also have a Billabing sponsorship deal, right?
MISH: Yeah, Billabong were kind enough to supply all the swimwear you see in this shoot. I've always loved the iconic brand for their swimwear and cute outfits, so we are very grateful to be onboard with them.

You featured in the last season of *Married At First Sight*. How would you describe your experience on the show?
MISH: A train wreck! Haha, no. You are put in an unfamiliar environment with unfamiliar people, so it was a real challenge – one that I'm happy to be a part of. It was hard watching it back on behalf of all the participants because the show is edited in a way where things are very much taken out of context. The portrayals aren't necessarily fair or correct, but I'm OK with mine.
SHAZ: I was shocked to find out how much they cut and paste and only show you what they want the audience to see. They can easily manipulate the viewer to like or hate someone by what they do and don't show you. But, if you're a blatant nutjob, there's no way of covering that up!

Is there anything you would've done better on the show?
SHAZ: I wish I stood up for myself to the producers more. I wish I didn't feel pressured to answer questions I didn't want to answer and do things I didn't want to do. They pushed people too far.
MISH: I found it hard to talk about my feelings – I would get very emotional. If I was to do it again, I would be more matter of fact rather than emotional, but I guess that's just my makeup and it's hard to change that.
SHAZ: No regrets, though – it's all learning opportunities regardless of the outcome.
MISH: Yeah, no regrets, because I've come out of it with more friends than I went in with, so… #winning!

Do you keep in touch with any of the other couples from the show?
SHAZ: My family and I still keep in contact with John and Jesse and his family – they are the sweetest. Mish and I sometimes catch up with the infamous Jonesy, too.
MISH: Yeah, Jonesy is a good mate and we see him regularly, Jesse and I will speak at least a couple of times a month. And I also try to text most of the others to say "G'day" when I can.

What do you think about the current season of *Married At First Sight*?
MISH: Dramatic much?!
SHAZ: It's certainly very emotional and dramatised. I'm just happy to have not been on the same show as D&D – I won't even say their names. D = Disappointing.

What's your stance on marriage?
SHAZ: Marriage is a beautiful thing. I'm looking forward to the day I decide I want to marry that man in front of me, and knowing it's a mutual thing will be bliss.
MISH: Marriage is usually a legally-binding contract and commitment of each other's love. Everyone on this planet should have the right to marry their loved one and I hope one day I'll have that special day, too – just without the camera crew this time. I had a "wedding" but it wasn't at all a marriage – HUGE difference.

What is the biggest misconception about reality TV?
MISH: It's not pretty! It might look pretty and fun, but it's really not – long, sweaty days having to ask to pee, intrusive questions and a whole lot of waiting around. FUN! FUN! FUN!

What advice do you have for anyone wanting to do a show like *Married At First Sight*?
SHAZ: Smart people can see through fake BS. Be yourself!
MISH: Yep, be honest, positive and only say what YOU want to say. And be careful of how producers manipulate the question to get the desired answer – it's actually very clever the way they do it, hats off to them.

You've had your fair share of media coverage. What's the dumbest rumour you've read about yourselves in the press to date?
MISH: Well, Shaz should have popped out three kids by now – I'm kind of disappointed, I like being an aunty!
SHAZ: I make sure I don't read into all the gossip or comments. I don't go searching for it so it doesn't enter my headspace. But it's like anything – you're never going to please everyone so just keep on keeping on!
MISH: It's like water off a duck's back.

What's the weirdest comment or message you've received on social media?
SHAZ: "$10K for the night."
MISH: "Eww, your feet are gross."

What have you learned about men over the years?
MISH: That I don't have a preference when it comes to physical attraction – it's something



within that grabs me.
SHAZ: There's some good ones and not-so-good ones out there. Always get a second opinion!

What's one thing men should always remember about women?
MISH: We are stronger than you think!
SHAZ: Learn your partner's love language. Some girls love gifts while others like to be touched – but one may not appreciate gifts and respond more to verbal communication or pure physical company to feel secure in a relationship. Guys are the same!

"I'M JUST HAPPY TO HAVE NOT BEEN ON THE SAME SHOW AS D&D – **I WON'T EVEN SAY THEIR NAMES. D = DISAPPOINTING!"**
– SHAZ





What's the worst pick-up line you've ever heard?
SHAZ: "Did you just fart? Because you blow me away!" You just gotta laugh and shake your head.
MISH: "You turn my software into hardware." Insert spew emoji here!

Finally, if you had to take *MAXIM* on a date, what would it entail?
SHAZ: The all-time best dates are the simplest. Chuck a mattress or a few bean bags in the back of the ute and park up to the west coast beach to watch the most epic sunsets in WA while knocking back a glass of red, and cheese, with music pumping in the background. YESSSSS!
MISH: I'd keep it casual – beach, sunset, wine, picnic or fish and chips, some good tunes – can't go wrong really.

Sounds great. See you there, ladies! ■

Status Update

NAME: Michelle Marsh

HOMETOWN: Manjimup, WA

LIVES: Perth, WA

BORN: March 16, 1985

FIVE-WORD SELF-DESCRIPTION: "Bubbly, friendly, vivacious, adaptable, courteous."

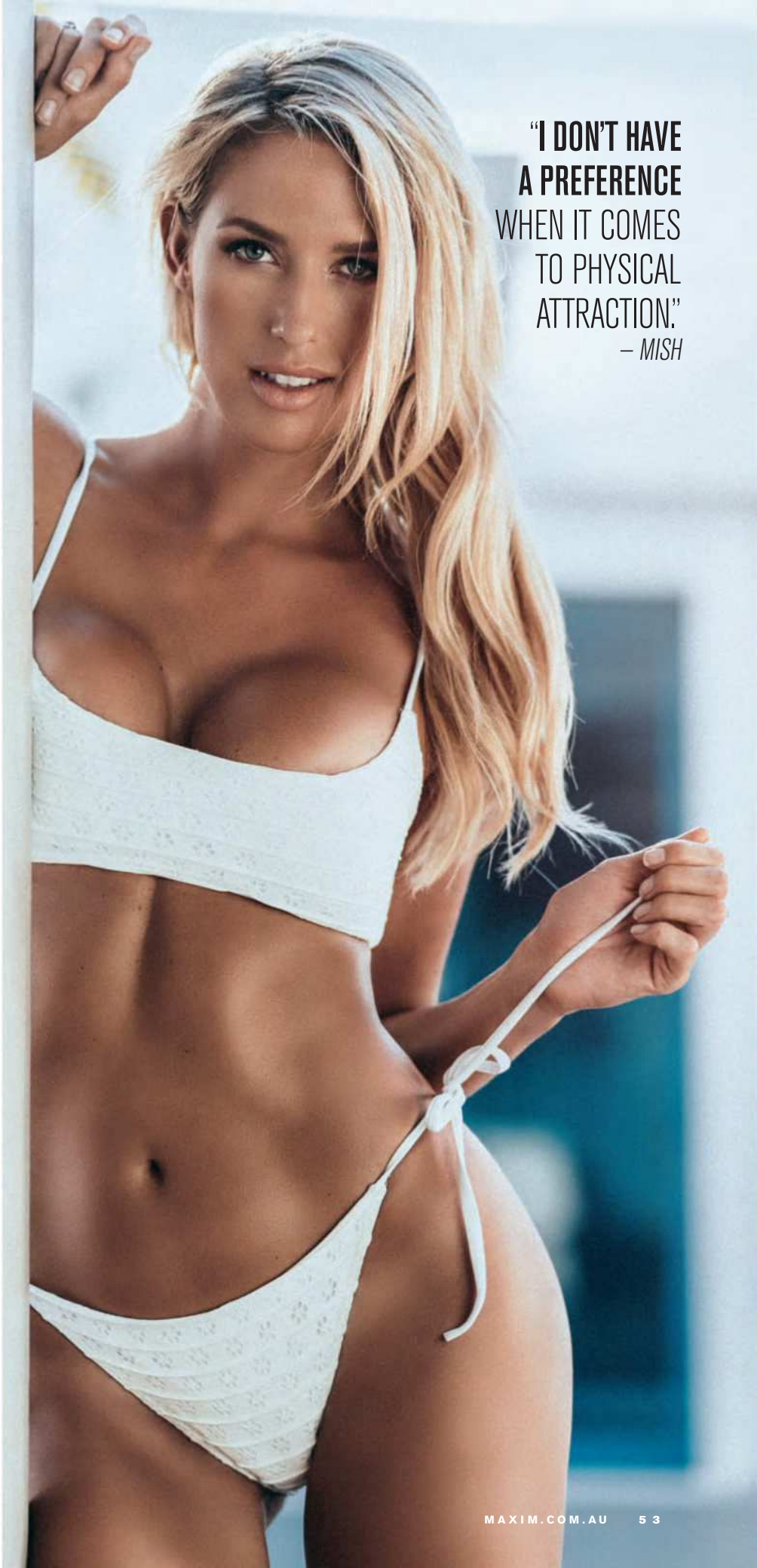
FAVOURITE HOBBIES: "Tennis, beach, live music, outdoor movies and sunset picnics."

FAVOURITE DRINK: "Surprise me with a fruity cocktail, please. If I'm looking bored – Espresso Martini.

BEST HANGOVER CURE: "Water water water… and a big breakfast cook-up in the morning with a spicy Bloody Mary – yeee-har!"

LIFE MOTTO: "When nothing goes right, go left."

INSTAGRAM: @mishmarsh



"I DON'T HAVE A PREFERENCE WHEN IT COMES TO PHYSICAL ATTRACTION."
– MISH



Status Update

NAME:
Sharon Marsh

HOMETOWN:
Manjimup, WA

LIVES:
Perth, WA

BORN:
March 16, 1985

FAVOURITE HOBBY:
"Skateboarding with my man along the coast and beaching it."

HIDDEN TALENT:
"Mish and I can crack a whip real good."

PHOBIAS:
"Getting hit by a spit ball when people speak."

GIRL CRUSH:
"Hands down Jennifer Hawkins — she is such a girl next door with absolute sophistication."

BEST HANGOVER CURE: "Sexy time?"

FAVOURITE DRINK:
"I'm happy with a dry white, thanks."

LIFE MOTTO:
"Everything happens for a reason. Life is what you make it."

INSTAGRAM:
@shazzimarsh

"I WISH I STOOD UP FOR MYSELF TO THE PRODUCERS MORE... THEY PUSHED PEOPLE TOO FAR." – *SHAZ*





"MAKE YOUR WOMAN FEEL SEXY AND SHE WILL LOOK AFTER YOU IN WAYS YOU COULD ONLY IMAGINE."
– MISH

ASSISTANTS **BERNARD MARCELO & LIAM THOMSON** MAKE-UP BY **HOLLY GARVEY FROM HIDDEN**
ALL SWIMWEAR BY **BILLABONG** SPECIAL THANKS TO **THE LOOKOUT BAR, SCARBOROUGH WA**





TIGER TOUGH

Richmond Football Club's BRANDON ELLIS understands the importance of balance in his training while preparing for the 2018 AFL season, which kicks off this month. *MAXIM* sat down with the 24-year-old Premiership-winning player to discover his secrets for staying on the park longer and what his team need to do to become back-to-back champions this year...

BY **JOHN WAY**
PHOTOGRAPHY BY **CAMERON GRIMES**

Richmond Football Club's Brandon Ellis is a rare breed in AFL football. In a sport that requires unsurpassed physical and mental fortitude, he has managed to find stability in both body and mind. Not only has he proved to be one of the more durable players in the competition, by not missing a match since mid 2013, he's taken his game to another level by transforming himself from outside midfielder to gritty defender.

With a 2017 Premiership medal draped around his neck and a successful watch company to run in his spare-time, it's fair to say that things are ticking along just nicely for the Tigers' star.

At what age did weight training become beneficial for you in wanting to become a senior AFL player?
Weight training became very beneficial for me because I was quite a skinny child, up until about 15 years old. I was then introduced to a gym and a man named Martin Fanning, who wrote a program for me. For the next few years, up until I was

drafted, he was modifying my program every eight to 10 weeks. I hated doing legs but soon found out they're the most important tools to have well-conditioned and strong.

How many hours would spend weight training per week?
Probably two-and-a-half hours. We do one strength upper body session, one strength legs session and a power hybrid session (upper and lower body combined). That's during the year to maintain what we have gained over the pre-season. Pre-season we spend maybe four hours a week and I also go to the gym on my day off.



What else provides additional strength aspects to your game?
The continuity of not being injured and being able to play and train consistently helps a lot. I do an extra core and weights session on my day off and get a two-hour massage, which has been very beneficial for me as well. Looking after your body is key.

Who at Richmond have had the biggest influence on how you condition yourself for AFL football?
That would have to be the Club's physical performance manager Peter Burge, our former high performance conditioning coach Adam Douglas, who was my weights coach for five years, and Luke Meehan who has just taken over this year. I also train at Unified Fitness Systems in Airport West in the off-season with Rhuss Wotherspoon and Adam Iacobucci.

During the 2017 season, you became an integral part of the Richmond backline after spending previous seasons in a midfield role, how has your training program differed?
It hasn't changed too much. I've put on a few extra kilograms of muscle, so it helps me stay in the contest longer. A shift and change in mindset has also been pivotal.

Diet is obviously a big focus for any professional athlete, how does Richmond devise a program to suit your needs and what types of fuel do you take-in to perform at your optimal best?
Getting my diet right and finding what works for me has been my biggest challenge. I find what works best is a high protein/fat and low carb diet. I follow this diet throughout pre-season and the AFL season, although I do add more carbs during the season for more energy as you can feel lethargic at times.

"GETTING MY DIET RIGHT AND FINDING WHAT WORKS FOR ME **HAS BEEN MY BIGGEST CHALLENGE.**"

You've been a durable player throughout your career, since being taken at pick number 15 in the 2011 AFL draft, what recovery methods have you implemented to prevent injuries and keep yourself on the ground week after week?
I've been pretty lucky to avoid injuries. I always get one, if not two, extra massages during the week, do an extra weights and core session and also find time to do extra ice baths and active recovery. Stretching every night also allows me to keep my flexibility and also helps in injury prevention.

It's not unusual for players to lose their conditioning once the season is over, do you have any secrets on ways to maintain your fitness over the break?
Just follow the program the club gives you. Keeping a strict diet helps as well, so you don't put on that extra weight or fat. Going overseas and training at different climates also helps – it's mentally refreshing and you can find extra motivation.

We are told you're "top of the class" when it comes to pull-ups at the club. How many can you crank out and who would be your nearest competitor?
Whoever has told you that is pulling your leg! Jason Castagna, Alex Rance and Nathan Broad are our three best. Rancey is an absolute machine in the gym as you can tell by the rig he runs with. Myself and Rancey have towel chin-ups in our program and we always challenge each other. Some weeks I get the better of him and vice versa – it really just depends on how you've pulled up from the game.

Are there any differences the way a player prepares physically for finals football compared to the regular season?
Nope, keeping the same routine is pivotal. Just because it's finals I don't think you should change what you know works or what has been working.

Is there anything the Tigers have implemented, particularly on the training track, to give it the best possible chance of making it back-to-back Premierships?
We just have to keep following the process and not worrying about the outcome. We know what we have to do to be very competitive again this year, but we can't look too far ahead. We just follow the process that we know so clearly and that will hopefully speak for itself.

The demands of being an AFL footballer are challenging, so the ability to be able to "switch-off" is paramount. What other interests do you have outside of the game?
I have my own watch business called Uncle Jack. Myself and my business partner, Robbie Ball, started it up three years ago and it has taken off so unexpectedly. We have seven people all up who work in the business so we are continuing growing and I can't wait to see what comes of it. We're hoping to expand into the international market soon. You can view the range at www.unclejackwatches.com. ■

Anatomy Of An Athlete:

THE UFC FIGHTER

Former UFC Middleweight Champion CHRIS WEIDMAN, is currently ranked #5 in the world. Of his first 13 professional victories, nine were via knockout or submission, and he has finished six opponents in the first round. Here, he tells *MAXIM* what it takes to become a UFC champ...

INTERVIEW BY **SANTI PINTADO**

How'd you get into the UFC?
I beat up a bunch of people until the UFC came calling.

Describe a normal training day for you?
I train two or three times a day during camp – anything from Jiu-Jitsu, wrestling, strength and condition, boxing, kickboxing, swimming and sparring MMA. Out of camp I train once, maybe twice, a day.

What are the most important muscle groups in a UFC fighter's body?
Core, legs, back and neck.

What type of mental strength is needed to be a UFC fighter?
Mentally, you have to be extremely strong to step into a UFC octagon. You have to work very hard in training to give you a sense that you belong and that no-one can beat you.

What goes through your mind before and during a fight?
Just relax, have fun and focus on all the hard training that was put in during the camp. Once I'm in the octagon I focus on being offensive the whole time. One second that you have a lack of focus could be the end of the fight for you.

What's it like to win a fight?
Winning a fight is a feeling that is hard to describe. There is so much hard work and sacrifices made to be able to get in the cage – you spend countless hours thinking about the possibilities that could happen in a fight throughout a training camp. So, when the fight is finally won it is a huge release.

Describe the feeling when you've either knocked out an opponent or won by submission?
There is so many ways you can win a fight and when you get a clean finish it is an unbelievable feeling that is hard to describe.

What's it like to be a champion?
The goal in this sport is to become a champion so when you are the champion it feels great to know you have accomplished that goal. Real champions know you have to be able to constantly change your goals.

How often is a UFC fighter injured in their career?
It's very rare a UFC fighter will enter a fight at 100 percent. I've had a bunch of injuries and, believe it or not, I feel the worst injuries I've had are hand injuries. They take a long time to heal with a lack of blood supply.

Tell us about your diet and how you manage your weight.
I really just try to eat as clean as possible and while training hard my weight comes down naturally. I eat mostly organic and high protein foods for muscle recovery in between workouts.

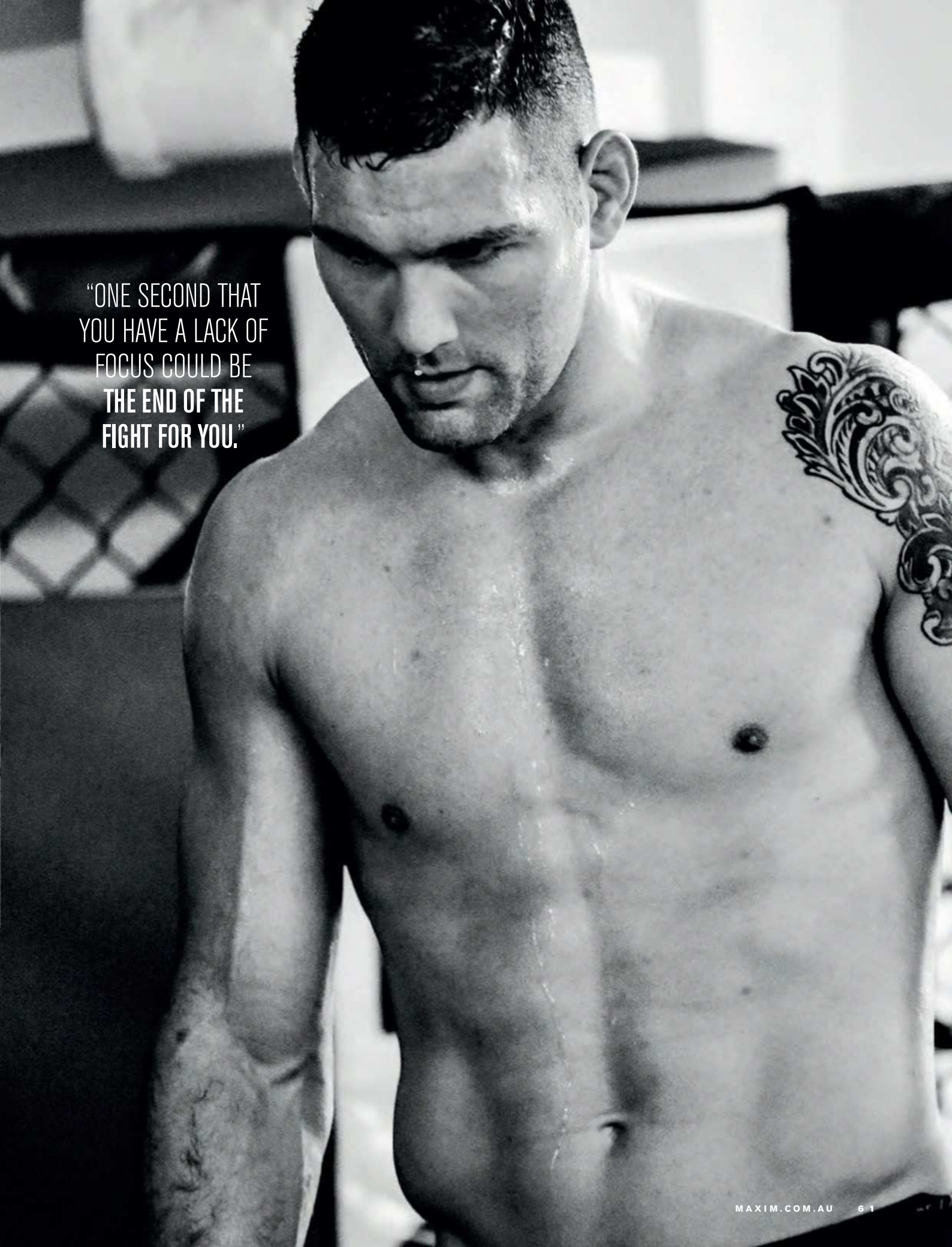
Finally, what advice do you have for our readers who want to get into the UFC?
Just find a gym and start working hard! ■





Status Update

BORN: June 17, 1984
HOMETOWN: Baldwin, New York, USA
NICKNAME: The All-American
HEIGHT: 188cm
WEIGHT: 84kg
WEIGHT CLASS: Middleweight
STYLE: Kickboxing, Wrestling, Brazilian Jiu-Jitsu
INSTAGRAM: @chrisweidmanufc
TWITTER: @ChrisWeidmanUFC


"ONE SECOND THAT YOU HAVE A LACK OF FOCUS COULD BE THE END OF THE FIGHT FOR YOU."

FASHIONABLY ON TIME

Watches from the world's top fashion houses...

A beautiful timepiece on your wrist has always been a fashion statement, and it's never been easier to accessorise in style, with top fashion brands producing exquisitely designed watches. Salvatore Ferragamo offers a visually appealing contrast between its blue face and guilloche dial and its gold accents. It's a hybrid smart watch that can connect to your mobile device for activity and sleep tracking. The Michael Kors Lexington achieves beauty via its monotone simplicity and, thanks to its stainless steel bracelet strap and bezel, its durability. Not to be outdone, the Louis Vuitton Voyager is crafted from 18k pink gold, featuring a deep-blue dial with pink-gold accents and a blue alligator strap. The Hugo Boss Navigator takes the modern chronograph look to the peak of refinement, with a scratch-resistant sapphire crystal, stylish stainless-steel bracelet, and an understated colour that will complement any blue-tinged wardrobe.
The Versace V-Race Sport features Stainless steel IP blue round case with 2 interchangeable top rings, Additional blue calf strap with yellow fabric profiles and tongue buckle and luminous hands and indexes.





FROM LEFT: MEN'S WATCH, **SALVATORE FERRAGAMO**; LEXINGTON BLUE-TONE WATCH, **MICHAEL KORS**; VOYAGER GMT 41.5 WATCH, **LOUIS VUITTON**; NAVIGATOR STAINLESS STEEL CHRONOGRAPH WATCH, **HUGO BOSS**. V-RACE SPORT BLACK DIAL WATCH, **VERSACE**

The Evolution Of JOHN VARVATOS

Fashion's music man took a rock & roll sensibility and created a singular menswear brand. Now he's building a legacy...

BY **PRIYA RAO**

When John Varvatos launched his eponymous American label 17 years ago, the fashion world was so different it might as well have been the Paleolithic era. "There was no online business out there. Until 2007, there wasn't even an iPhone," Varvatos says today from his office in New York City's Flatiron District. The room is filled with rock & roll memorabilia: platinum records from Alice Cooper; moody black-and-white Jimi Hendrix photographs; a sound system with speakers so large that the setup takes up nearly an entire wall. "How we get information has changed so quickly," Varvatos adds. "Today, everything's instantaneous."

While some of these technological advancements may seem obvious — especially to a Millennial — what is a little harder to pin down is how, exactly, Varvatos Inc. has crept into the zeitgeist. Stylish men under the age of 45 walking around Detroit or Manhattan wear Varvatos' rumpled leather jackets just so, not to mention his leather chukka boots and high-end sneakers, made in partnership with Converse. Add to the mix regular celebrity clients and "personal friends" like Iggy Pop, Hozier, and Machine Gun Kelly, and it's clear that anyone with a penchant for insouciantly cool, musictinged vibes need look no further than John Varvatos. He has worked hard to turn rock & roll fashion — what he calls his "energy force" — from merely a spark of an idea into a business. Today, the brand's own website and retail stores are ensuring that his directive continues to thrive. In 2016, the company experienced a more than 50 percent increase in sales through its website, and 2017 has been a big year for brick-and-mortar, despite the dismal current retail climate, with store openings in Dallas and Los Angeles. Next March, the company will open its first outpost in Dubai. Varvatos fell in love with music as a kid in his hometown of Detroit, where he was influenced not only by Led Zeppelin and Iggy and the Stooges but also the wild sensibility of Marvin Gaye. (Nowadays he also has his own record label in partnership with Big Machine Records.)

In 1999, after honing his design craft at Ralph Lauren and Calvin Klein, Varvatos, who had begun developing his own eclectic, cool aesthetic, had an epiphany when he walked into a Barneys New York. "I started looking at all these brands at the time — Jil Sander, Helmut Lang, Prada — everything was black and nylon," he remembers. "There were a lot of followers."

Determined not to be one of them, Varvatos debuted his first collection for fall 2000 without a single black look. "It was a statement that you can still be modern and edgy and have a heritage," he says. Tailoring was big in the lineup, as was an inherently



"IT WAS A STATEMENT THAT YOU CAN STILL **BE MODERN AND EDGY AND HAVE A HERITAGE.**"

OPPOSITE: Designer John Varvatos poses backstage for John Varvatos Collection during New York Men's Fashion Week fall 2017 in diamond horseshoe

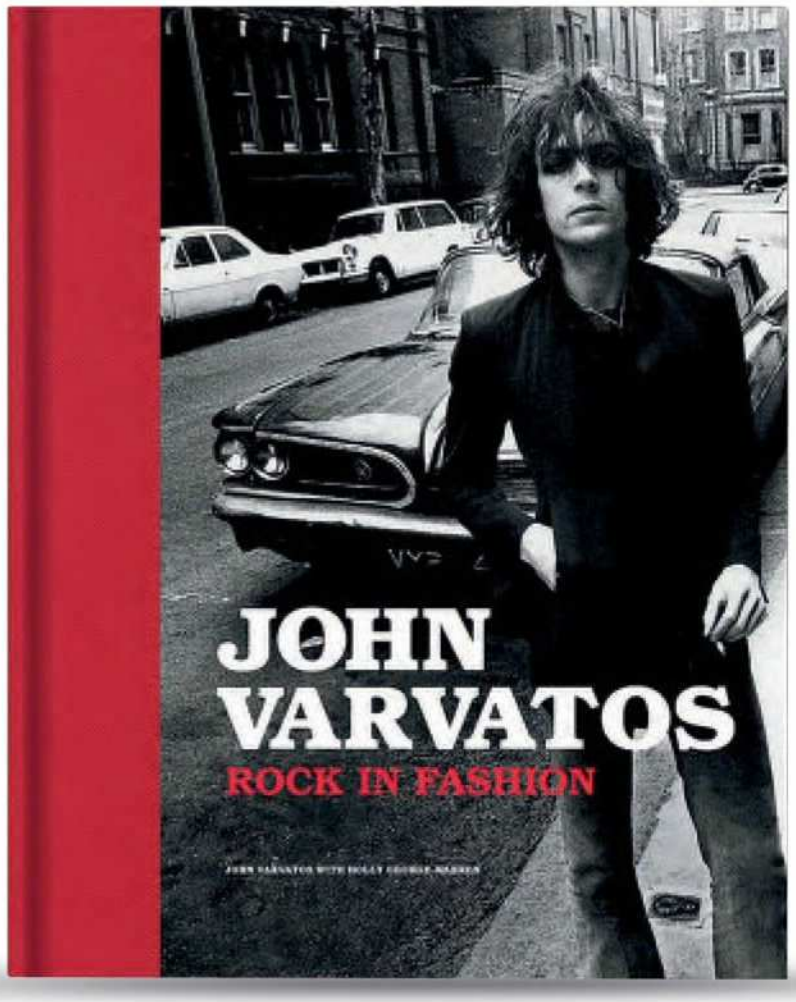


masculine vibe — both uncommon for the time. The designer continues to abide by this cool-guy ethos, constantly updating his core pieces (skinny suits, easy Henley shirts), while still pushing the boundaries of what's new. A fall offering, for example, might include a lynx-print biker jacket and a pair of olive-green velvet slim-fit pants, while fringe sneakers and military jackets with an urban sensibility might show up in the spring collection.

Adapting and changing with his customer base is part of the Varvatos DNA. "The longest-lasting brands in fashion have been evolutionary brands. They continue to evolve and mature, but they don't push the envelope too hard."

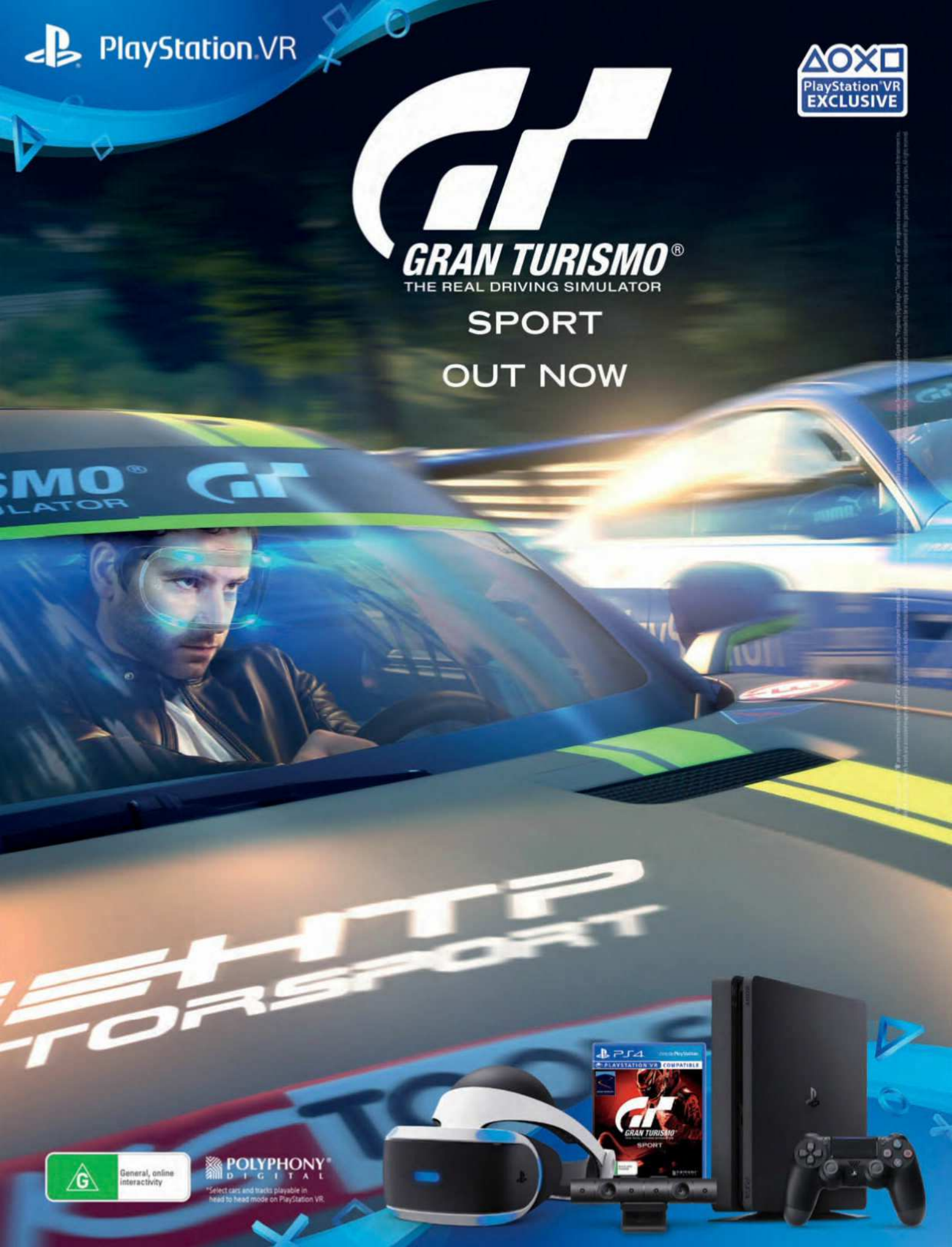
Varvatos doesn't follow cyclical fashion trends and is more in tune with what the average man wears while walking down a city block, emphasising how a "thrown together" outfit often looks best. "Great clothes for guys is our only driving force," he adds.

At 63, Varvatos still has a good few decades left in him, but he's admittedly starting to think about his legacy. "I've watched over the last 17 years: Men's and women's brands have come, and some of them that were just so hot aren't even around anymore," he says. "I'm not at this point in my life where I'm thinking about retiring, but as you get a little bit older, you want to continue to be one of the most important American brands. I want what I do to live on." ■





TOP: *Rock In Fashion* by John Varvatos with Holly George-Warren; **ABOVE:** Effortless cool at the John Varvatos boutique in Detroit


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KING KONG

These days the towering metropolis is about so much more than just finance. HONG KONG is a gastronomic delight with a dizzying nightlife, gorgeous surroundings and a fast-changing fashion scene. It's a global city with Chinese flair and its energy is unparalleled. Here's your guide to Asia's power centre...



NIGHTLIFE'S NEW WAVE

Though better known for its bottle-service clubs, an underground music and dance scene is now thriving in Hong Kong

BY **CHRISTOPHER DEWOLF**

It's Friday night in Hong Kong and the crowds are filling the streets around Lan Kwai Fong. Pushing through the throngs of people, you pass a procession of bars pounding out Top 40 hits and EDM remixes. It's a lot of fun if you're 18 years old (the legal drinking age in Hong Kong), but what about the rest of us?

"Hong Kongers are generally more interested in money than music, so we don't have the really mature scenes you see in other big cities, like London or New York," says Adam Wright, the longtime entertainment editor of the South China Morning Post. Thanks to sky-high rents, "venues have massive costs to cover, which means they need to move a lot of bottles, so they tend to target the VIP and bottle-service crowd and cater to their tastes in music. This crowd generally isn't into very cutting-edge dance music."

But don't despair. "The underground scene has really exploded in recent years," Wright says. There are more local music producers than ever, more underground nights, and a new wave of venues that care less about emptying your pockets than they do about playing good music.

WELCOME TO THE UNDERGROUND

Hong Kong was once famous for its World of Suzie Wong–style red-light district in Wan Chai, but in the 1980s, a clubbing scene began to emerge across the harbour, in Tsim Sha Tsui. The legendary Canton Disco was Hong Kong's equivalent to Studio 54, a place where a young Kylie Minogue rubbed shoulders with gender-bending local hipsters.

Then came Lan Kwai Fong — or LKF, as it's known to most — a narrow alley lined with bars and clubs that drew a largely expat crowd. At first, it was home to edgy outposts like Disco Disco, but by the early 2000s it had devolved into a dystopia of bland beats and overpriced pints of Carlsberg. Bit by bit, a tribe of exiles began seeking refuge in other neighbourhoods.

Today, the most eccentric is XXX Gallery, a bring-your-own-booze venue with a killer sound system. Located on the third floor of a grimy factory in Tai Kok Tsui, a yet-to-be-gentrified area in Kowloon (think Brooklyn in the 1990s, without the crime), this is where you'll find yourself partying until dawn with a can of 7-Eleven beer in your hand. "XXX holds very good bass and hip-hop nights," says Wright, and it also plays host to travelling DJs and electronic musicians like Dan Deacon.

Closer to LKF, Social Room and Oma are destinations for quality house and techno. They're packed every Friday and Saturday, regularly hosting big-name electronic music DJs from overseas as well as top local talent. "Often you'll find wide-eyed tourists from Europe wandering in late at night after a disappointing experience elsewhere, unable to believe their luck at discovering a cool underground club playing decent dance music in Hong Kong," Wright says. There are even a couple of reasons to venture back into LKF: Mazu and Oasis Terrace Picada, which play everything from drum 'n' bass to deep house.

GO DEEPER

Some of Hong Kong's best parties don't even take place in clubs. This city has a long history of pop-up underground events; night owls in the 1980s remember dancing at enormous parties in a decrepit rice warehouse that has long since been demolished. These days, anyone with an ear to the ground — or a Facebook account — can find themselves spending the night in a truly unexpected location.

A secretive group called Bunker Club organises dance parties in abandoned World War II ruins, which one devotee describes as "akin to a religious experience." Another promoter, Hushup Events, takes advantage of the fact that 70 percent of Hong Kong's land area is undeveloped, with lush mountain valleys and empty beaches just over the hills from the city center. Every autumn, Hushup's Secret Island Party brings a mix of local and international DJs to a hush-hush location on one of the region's islands.

Other promoters are making a name for themselves by staging pop-up dance parties and mini-festivals throughout the year, like Heavy HK, which specialises in cheap drum 'n' bass parties. Clockenflap is a music festival on the Central Harbourfront that has quickly grown into one of Asia's largest, with several electronic stages alongside live music.

And Hong Kong now has an offshoot of Barcelona's Sónar festival, which takes place each March. "It has really put the city on the global dance music map," Wright says. Who needs bottle service when you have great music?

HUNGRY CITY

With residents who often eat five meals a day, it's no wonder Hong Kong is a world gastronomic capital

It's 3a.m. at Sun Hing, a raucous dim sum parlor in Kennedy Town, the westernmost section of Hong Kong Island, and a crowd of tipsy night owls are competing for table space with early-bird old-timers. This is a true neighbourhood joint, the kind of place where menus in Chinese characters are posted on the wall and there's not much table service. When fresh baskets of quail-egg dumplings and black-sugar cake leave the kitchen, it's up to you to grab some before they're gone.

By the time Sun Hing readies to close for the day, 13 hours later, the crowd has shifted to university students and construction workers. There's never a bad time to eat in Hong Kong, because people are always eating. For many people, five meals a day is par for the course: breakfast, lunch, teatime, dinner, and siu yeh — midnight snack.

No wonder this is considered one of the world's gastronomic capitals: You can eat well for US$4 at a hole-in-the-wall noodle shop or splurge on a US$400 meal at one of six restaurants with three Michelin stars, including Lung King Heen in the Four Seasons Hotel and L'Atelier de Joël Robuchon in the Landmark Atrium. Another 55 restaurants have one or two stars. In a city with so much quality food at so many price points, it can be hard to make a mark.

THE NEW GENERATION

So how does a restaurateur make a difference in such a crowded field? By putting new twists on the familiar. "Chefs [are] pushing the envelope in Cantonese food," says food writer Janice Leung Hayes. "Cantonese food is rooted in tradition, and the classics are great, but I've always wondered why there was so little innovation that wasn't gimmicky."

That has changed with the likes of May Chow, a chef whose empire now spans three stylish restaurants, and Lau Chun, who makes finely rendered Cantonese classics with locally farmed products. Leung Hayes says the two renowned chefs "understand the fundamentals of the cuisine, and then interpret them in ways that make Hong Kongers proud rather than dismiss them as dishes made for gweilo [foreigners] to enjoy."

"Every restaurant should feel original and authentic to our surroundings," says Chow, who was awarded Asia's Best Female Chef 2017 by the World's 50 Best Restaurants. That's the philosophy behind Chow's Little Bao, a tiny steamed-bun restaurant that has been packed since it opened in 2013, and the gastropub Second Draft, which opened last year.

Housed in an airy space inspired by the iconic Star Ferry, Second Draft has a menu that could be called fusion if that weren't such a dirty word these days. It's a delicate balance between Chinese and European flavours, with dishes like the mapo burrata — spicy mapo tofu, but with a plump sphere of buffalo mozzarella instead of tofu. Flower crab pasta is like carbonara, but with tender crab meat, béchamel, and an egg yolk served on plump Shanghai noodles.

Chow's latest venture is Happy Paradise, an LSD trip of a Hong Kong diner whose decor and music evoke the glory days of the 1980s, when a newly cashed-up Hong Kong dominated Asian pop culture. Despite the vinyl seats and colourful neon lighting, the menu here is Chow's most refined to date, with dishes like braised pomelo with black sesame foam, shrimp roe, and shrimp oil — a more assertive take on a classic Cantonese dish that takes several days to prepare.

FARM FRESH

The fertile soil of Hong Kong's New Territories region once produced a bounty of fruits and vegetables, but these days, nearly all the city's food is imported from the mainland. That might change: The number of organic farms and rooftop farms has grown from a handful to around 450 in the past decade, and places like the Michelin-starred Cantonese restaurant Kin's Kitchen are putting them to good use, with local rice, pork, and vegetables that have more layers of flavour than factory-farmed stuff from China. Chef David Lai's Fish School takes a similar approach to seafood, serving only the fresh daily catches of Hong Kong fishermen.









YUM LA

Hong Kong's drinking establishments have been upping their game too. Craft beer has exploded in the past few years, with brewers like Young Master and Moonzen offering top-notch beers made with local ingredients like salted lime and roselle, a variety of hibiscus. Young Master even has Asia's first foeder, a wood fermentation tank that makes sour, lambic-style beers infused with ambient yeast.

In the cocktail arena, Happy Paradise offers a strong program of Cantonese-flavored drinks like Double Pear Happiness, a blend of cognac, rye, pear, lemon, and Chinese five-spice. Second Draft takes the Negroni to new heights of fruity bitterness by infusing it with a kind of Chinese dried tangerine peel known as chan pei.

Other bars go even further, like high-end dining palace Mott 32, whose 1851 cocktail combines baijiu with gin, Bénédictine, osmanthus honey, elderflower liqueur, lemon juice, and bitters. It's served inside a glass dome that is pumped full of osmanthus smoke after it arrives at your table. It's a good opportunity to learn a common Cantonese phrase: yum la. Drink up.

THIS PAGE (FROM LEFT): Fish School Hong Kong; Young Master; Mott 32

HONG KONG'S BEST HOTELS

INTERCONTINENTAL HONG KONG

The InterContinental, while generally a more affordable option by Hong Kong standards, boasts one of the most lavish rooms in the city in the US$12,600-per-night Presidential Suite, with five luxurious bedrooms, opulent bathrooms, a study, a gym, and a kitchen where chefs from Michelin-starred restaurants will make you a private dinner. The private rooftop stretches 2,500 square feet, offering panoramic views of Victoria Harbour and the Hong Kong skyline, with a Jacuzzi and an infinity pool.

LANDMARK MANDARIN ORIENTAL HONG KONG

Opened in 1963 as the chain's first property, this luxury standard-bearer with rooms featuring the finest marble and wood offers accommodations ranging from a reasonable City View room (from US$413 per night) to the unmatched Mandarin Suite (from US$9,985 per night), with its exclusive artwork and opulent amenities. Three of its restaurants have earned Michelin stars.

FOUR SEASONS HONG KONG

It's all about location with the Four Seasons, situated in the IFC Tower and connected to the Central Harbourfront. Granted, it also includes Michelin-starred restaurants and a Presidential Suite with 24-hour butler service and a bathtub with panoramic views of Victoria Harbor (from US$12,500).

THE MIRA HONG KONG

Perhaps the city's hottest boutique hotel, the Mira boasts a chic open courtyard bar, Vibes, a terrific place to kick off a night exploring Hong Kong's raucous party scene.

PENINSULA HOTEL

Referred to as the Grande Dame of the Far East, the Peninsula is the oldest hotel in Hong Kong, dating back to 1928. The decor and elite service (think white gloves and a fleet of Rolls-Royces) harken back to an age when luxury travel was a black-tie affair







The OLD MACAU

While the former Portuguese colony is best known for gambling, it also features historical, cultural, and culinary riches

BY **CHRISTOPHER DEWOLF**

There's a scene in the deliciously cheesy 1988 miniseries *Noble House* in which Pierce Brosnan, playing a young Hong Kong tycoon, tries to impress an American love interest with a weekend yacht trip to Macau. As they land at a sleepy pier and cruise along a waterfront road in a black-and-white Rolls-Royce, it looks as though they've been transported to some serene location on the Mediterranean.

Today, Macau is anything but serene. The casino boom that followed the city's handover from Portugal to China in 1999 has been accompanied by an explosion of mainland Chinese tourism. Thick crowds trudge through the narrow colonial streets of Macau's historic

centre, selfie sticks in hand, posing in front of Macanese bakeries and the ruins of St. Paul's, a 17th-century Catholic church that burned down in 1835, leaving only its intricate stone facade intact. But mass-market tourists aren't known for their adventurous tastes, so it's surprisingly easy to escape the crowds and experience a Macau that is more genuine — and more fun — than you might think.

DEEP ROOTS

Macau was inhabited mainly by boat people when the Portuguese arrived in 1513. A few decades later, the newcomers received permission from the Ming Dynasty government to conduct trading activities, which led to more than 400 years of colonial occupation. That brought a mix of people from across the Portuguese empire to the scrubby shores of South China: Japanese Christians exiled from their homeland; Goans and Malaccans; African slaves.

You can taste all those influences in Macau's food, and there's no better introduction than RiquexÓ, a humble cafeteria long overseen by centenarian Dona Aida de Jesus, the matriarch of Macau's centuries-old Eurasian community. As you nosh on salt-cod fried rice, feijoada, and Chinese-influenced linguiça sausage, train your ear to the conversations around you: This is one of the last places in the world where you can hear people speak Patuá, a Portuguese-Cantonese-Malay-Sinhalese mix that is now ranked by unesco as a critically endangered language.

A NEW WAVE

Macau's fortunes as a trading hub took a dive when the British made Hong Kong a colony in 1842. For more than a century afterward, Portugal's approach to Macau could be described as benign neglect. Only a small fraction of the population speaks Portuguese today; compared to Hong Kong, Macau feels much more closely connected to mainland China. "When the Portuguese were here, they would finish work early, sit in a café, and just talk, talk, talk," recalls James Chu, an artist who was born and raised in Macau. "I miss that. Now everything is about money. It's rushed."

But there's a revival of sorts under way in Macau. In the past few years, a new generation of local, Macau-born Chinese — along with a wave of young Portuguese expats who fled to Macau after the global financial crisis — have reinvested in the charming historic districts bypassed by the gambling rush. "We have been witnessing a boom in the restaurant sector," says local artist João Ó. Many of the new establishments have fixed up old colonial houses. "Pastel-colored facades, balconies, street terraces, and a rooftop — they turn them into charming little places," says Ó. One of his favorites is Tapas de Portugal, a new casualeats venture from Michelin-recommended chef Antonio Coelho.

CREATIVE SPACE

Tapas de Portugal is located in the old fishing village of Taipa, whose narrow streets, mosaic calçada sidewalk tiles, and quaint houses serve as a rebuke to the giant casinos looming nearby. This is where Ó curates the Taipa Village Art Space, a quirky nonprofit gallery that opened last year.

It's one of many grassroots cultural institutions hidden off the selfie-stick trail. James Chu runs AFA Macau, an art space tucked inside a half-abandoned garment factory. Not far away, a tile-roofed cattle depot has become the Ox Warehouse, a community art space that is currently focusing on the history and culture of the Three Lamps District, a working-class shopping area where you'll rarely spot a tourist. Across the street from the ruins of St. Paul's, the new Cinemateca Paixão (Passion) is where you'll find a packed schedule of indie and repertory films from around the world.

PARTY LIKE PIERCE BROSNAN

For all the new energy, there's still a romantically forlorn side to Macau, a reminder of the years when this was an unhurried colonial outpost. In *Noble House*, Brosnan donned a white linen suit, which seems appropriate attire in which to enjoy a glass of vinho verde at the Clube Militar de Macau, where ceiling fans whir lazily over the 19th-century dining room.

Or you could lose the jacket, roll up your sleeves, and head to Fernando, another nostalgic outpost on Hac Sa Beach, where the sardines are perfectly grilled, the Super Bock beer is ice-cold, and the waves crash rhythmically in the distance.



ESCAPE THE CITY

Hong Kong is among the world's most densely populated cities. Thankfully, there are plenty of options to escape the grind. Countless hiking trails crisscross the island, and the surrounding areas are rife with parks, beaches, and other natural splendors.

The best hike is along the Dragon's Back trail down to the beach in Shek O Country Park, offering stunning horizon-to-horizon vistas of the South China Sea. Dragon's Back is also the most popular paragliding spot in the city. Paraglide Hong Kong offers an introductory student pilot course (8 lessons, US$1,329) with a certified teacher, while Sky Adventure's version is a four-day student pilot course (12 flights, US$511).

There are also plenty of mountain bike trails just a short trip from the city. For a relaxed ride try Olympic Trail on Lantau Island, but for a challenge, adrenaline seekers can head to Lamma Island's dirt trails, where local competitions are held. (Beware: The trails here are steep and not for beginners.) The island has banned cars, so on Lamma cycling is king.

Kiteboarding and windsurfing are popular around the islands. In fact, Hong Kong won its first ever Olympic medal in windsurfing in 1996. Trek to Shui Hau beach on the south coast of Lantau Island, where Hong Kong Kiteboarding School offers individual or group lessons. The Hong Kong Leisure and Cultural Services Department runs five water sports centres, including Tai Mei Tuk, which rents out kayaks, windsurfing boards, and small sailboats. Meet up with Sea Kayak Hong Kong on Lamma Island to explore hundreds of islands – and the Hong Kong unesco Global Geopark, covering 100 square miles of natural beauty – in a kayak.
–Keith Gordon

Aerial view of people hiking up the Lantau Island

NEW TERRITORY

Five names that define the changing face of Hong Kong menswear

BY **THOMAS FREEMAN**

It can be difficult to find the common thread of Hong Kong menswear, which is as assorted as the city's skyline. The British colonial era left behind an ingrained respect for tailoring, a long and exacting process that may seem at odds with the speed of Hong Kong life. Avant-garde designs, in which modish Asian metropolises like Tokyo and Seoul excel, take a backseat to the fine craftsmanship of storied tailors like Ascot Chang.

Still, there is ample room for sartorial innovation. Many young Hong Kongese designers first ply their trades in New York and Europe, then return to leave bold imprints on the homegrown fashion scene. Here, a look at five names that define Hong Kong's uniquely eclectic style.

ASCOT CHANG

Founded in 1953 by an immigrant from the mainland, Ascot Chang quickly gained renown for its bespoke shirting services. Its handsomely tailored suits, handmade at its workshop in Hong Kong, have since attracted an international following rivaling that of Savile Row. With outposts in Beverly Hills, New York, and Shanghai, Ascot Chang is unassailably the standardbearer of Hong Kong tailoring.

THE ARMOURY

U.K.-born cofounder Mark Cho borrowed from the Ascot Chang playbook to build his modern men's lifestyle brand. Founded in Hong Kong in 2010, the Armoury culls from the world's finest artisans to craft menswear products of superlative quality, like wool sport coats, calf-leather loafers, and silk pocket squares. The New York Times described its Tribeca store as "the halfway point between Tumblr men's wear and Savile Row."

DELSTORE

Those looking to avoid the foot traffic of Hong Kong's megamalls will find respite at Delstore, a boutique tucked away in an unmarked Wan Chai alleyway. Its modest storefront belies an extraordinary selection, mostly from cult Japanese labels like Kolor/Beacon, Nipoaloha, and Yaeca. Expect to rifle through racks of ever-changing apparel alongside an international fashion set.

SHANGHAI TANG

Its name may honour a rival city, but Shanghai Tang has served as a global face for Hong Kong style since the 1990s. Known for 1920s-inspired gowns, the brand also boasts an impressive menswear inventory, with silk bomber jackets and silk-lined cashmere cardigans. Its blazers are distinguished by stand-up Mandarin collars — a striking deviation from Western tailoring norms.

SIXLEE

The future of Hong Kong menswear is best indicated by Six Lee, who did a stint on Alexander McQueen's menswear team in London before starting his eponymous label in 2011. Designed in Hong Kong and Antwerp, SixLee is characterised by sharp lines, unusual silhouettes, and romantic motifs — a complicated and compelling mix emblematic of Hong Kong itself.







FROM TOP, **COURTESY OF THE ARMOURY** (2); COURTESY OF **ASCOT CHANG**

GAME ON

Macau already takes in more money than Vegas, and with concerts, world-class dining, and other luxury draws, it's rapidly matching Sin City as a premier entertainment destination

BY **CHRISTOPHER DEWOLF**





Twenty years ago, Macau was the kind of place that made Bugsy Siegel's Las Vegas look squeaky clean. In the spring of 1998, a beefy prosecutor and police chief named Antonio Marques Baptista was tasked with cracking down on the Portuguese colony's crime lords. People called Baptista "Rambo." After his dog managed to sniff out a bomb that had been planted in his car, Rambo went after the one man he suspected had planted it: Wan Kuok-koi, alias Broken Tooth, the head of Macau's 14K Triad, which boasted a membership of 10,000 in a city with fewer than 500,000 inhabitants.

Rambo found Broken Tooth in a private room at the Casino Lisboa, where he was watching a Hong Kong movie about his own criminal exploits. As a crowd of gamblers looked on, Broken Tooth was escorted to jail, along with his bodyguards, Superman and Ghost. Broken Tooth spent the next 14 years in prison. During that time, Macau was handed back to China and its gambling industry boomed as newly wealthy mainlanders flocked to the city's slot machines and high-stakes tables. To call them big spenders would be putting it mildly: For a time, the average loss in Macau's VIP rooms was between US$5 million and US$10 million. These days, you don't need to be a gangster to enjoy Macau's casinos. As the region's gambling revenue surpassed that of Las Vegas, its casino resorts have expanded like mad, adding Vegas-style attractions to lure a more diverse base of tourists. Megaconcerts, Michelin-starred dining, and luxury spas? Game on.

THE NEWCOMERS

Most of Macau's newest casino resorts are located on the Cotai Strip, a brand-new piece of land that was reclaimed from the sea less than 20 years ago. Wynn Palace and the Parisian both opened last year, and the MGM Cotai is expected to launch by the end of 2017. Between them, you'll find 7,700 hotel rooms, 750 gaming tables, a huge nightclub, a theatre, and (of course) a half-scale replica of the Eiffel Tower.

Just down the road, you'll find a slightly older crop of resorts, including the Venetian, Studio City, Galaxy Macau, City of Dreams, and Sands Cotai Central. Aside from being eerily similar to the original Venetian in Las Vegas, the Sands-owned casino complex includes the Cotai Arena, which hosts a constant procession of global boxing matches, Cantopop concerts, and shows by international pop stars like Katy Perry. Giant EDM events are a thing at Club Cubic in City of Dreams and Pacha in Studio City. The party's just getting started in the new Macau.

THE OLD GUARD

About 10 minutes by taxi from the Cotai Strip, Macau's older casino district is home to most of the city's 40-plus gaming facilities. The MGM Macau, Wynn, and Sands Macao were three of the first casinos to open after local gambling magnate Stanley Ho lost his monopoly on gambling licenses in 1999. They were joined by other properties like StarWorld and L'Arc that offer a low-key environment compared to the new megaresorts on the Cotai Strip, which the bulk of new casinos call home.

Low-key certainly doesn't describe the Casino Lisboa — the place where Broken Tooth's criminal career met its demise. Built in 1970 by Stanley Ho, it is an emblem of kitsch, with a gold-and-white colour scheme, enormous neon signs and a curving white roof that evokes the lotus, Macau's official flower. Not to be outdone by all of Macau's new development, Ho built the 58-story Grand Lisboa across the street in 2007. It takes inspiration from the lotus too, with sharp, petal-like curves that loom menacingly over downtown Macau. Rumor has it the negative feng shui of the building's form is meant to punish the surrounding casinos.

Of course, the feng shui is all good if you're inside the facility, so you might as well enjoy yourself. It helps that the Grand Lisboa is home to two three-Michelin-starred restaurants: Robuchon au Dôme, from renowned French chef Joël Robuchon, and the Eight, which offers lavish Cantonese and Huaiyang cuisine. ■

THIS PAGE (FROM LEFT): Gambling tourism is Macau's biggest source of revenue making up about 50 percent of the economy; The Parisian Macao Hotel Resort; **OPPOSITE:** The night view of Macau Tower Convention and Sai Van Bridge

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Russian DOLL

Meet ARINA FEENEY, the Russian model and jewellery designer ready to take on the world...

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INTERVIEW BY
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CREATIVE DIRECTOR
JAIME MORTON-HAWLEY
(@JAIMEMORTONHAWLEY)
BOOKED BY
NOVA PRIME PR
(@NOVAPRIMEPR)



Hello, Arina. Tell us a little bit more about yourself.
I'm a girl who yearns for the glitter of the roaring 1920s and dreams of old school romance and a time of Parisienne burlesque. I'm an incorrigible romantic. The most significant points in my career have been just the incredible talent I have worked with around the world.

Speaking of which, you shot this *MAXIM* feature on location in Dubai. How was it?
Of all the places I've shot in, this was the most enchanting and mesmerising. The location was almost hypnotic with the lure of the desert, the sea and that dazzling city. I loved it. And the people were so welcoming and polite.

How did you feel during this shoot?
I felt sexy and beautiful and very at ease, always. The whole experience was such an adventure, exploring a new part of the world and its unique culture. I was strolling down the beach at sunset by the water's edge when out of nowhere a flock of hundreds of little birds encircled me and whirled around and around. My photographer captured it all and it was amazing.

How do you feel about making your *MAXIM* Australia debut?
Getting published in *MAXIM* Australia is fabulous. Let's face it, Aussie guys have no shortage of beautiful girls to look at all around them, so the opportunity to be featured in Australia's top lifestyle men's magazine is a bit mind blowing, actually. I am still pinching myself! I just want to say thanks for giving me this opportunity to be in *MAXIM* Australia.

Our pleasure. Have you ever been to our fine country?
No, but I'd love to visit Australia – it sounds like such an incredible country. I have some Aussie friends and they are so much fun and a bit crazy, too – in a good way. I'm sure I'll make a bunch of great new friends when I'm there.

Being our Woman of the world, what's your favourite city on Earth?
You can't go past Paris, France.

Who is one person in the world you'd love to meet?
Madonna. What would the future of female sexuality be without Madonna?

True dat. When do you feel sexy?
When I'm on a beautiful tropical vacation.

"I HAVE SOME AUSSIE FRIENDS AND THEY ARE SO MUCH FUN **AND A BIT CRAZY, TOO – IN A GOOD WAY.**"







How do you relax?
With a glass of Bordeaux and a good book.

What is the first thing you notice about a guy?
Him checking me out!

What's the weirdest thing you've ever found attractive in a guy?
His own peculiar habits that is so unique to him. Cockiness would an immediate turn-off.

What does a man have to do to win his way to your heart?
A guy has to have good manners and a sense of humor.

Would you ever date someone you met on a social media app?
Yes, I have met someone on a social media app. After months of correspondence we finally met but the texting and DM'ing did not translate into real-life chemistry.

How far would you go on a first date?
Kiss on the cheek.

What would you consider dirty-talk?
When it comes to dirty talk, I have no boundaries.

Finally, where do you see yourself five years?
With the man of my dreams playing with our children on the beach. ■

Status Update

NAME: Arina Feeney

HOMETOWN: St. Petersburg, Russia

LIVES: Boca Raton, Florida, USA

JOB: Jewellery designer

NICKNAME: "Honey Bunny."

FIVE-WORD SELF DESCRIPTION: "Loyal, caring, fun, sexy, giving."

PHOBIAS: "Heights and snakes."

FAVOURITE CAR: "Bentley Continental GTS."

FAVOURITE TV SHOW: "The Crown."

BEDTIME ATTIRE: "I sleep naked."

CHARITABLE: "I work with charities and projects that support children with cystic fibrosis and other progressive genetic diseases."

BEST ADVICE: "Be the change you want to see in the world."

LIFE MOTTO: "Be present in every moment."

INSTAGRAM: @ArinaFeeney







PAGES 82-86
STYLING BY **BEACH BUNNY SWIMWEAR (@BEACHBUNNYSWIMWEAR)**
LOCATION **THE PENTHOUSE, FIVE PALM JUMEIRAH, DUBAI (@THEPENTHOUSEDUBAI@FIVEPALMJUMEIRAH)**

PAGES 87-89
STYLING BY **SAPIA SIMONE (@SAPIASIMONE)**
JEWELLERY BY **GEMMELLE JEWELRY (@GEMMELLEJEWELRY)**
LOCATION **DRIFT BEACH, ONE & ONLY ROYAL MIRAGE, DUBAI (@DRIFTBEACHDUBAI & @OOROYALMIRAGE)**



"WHEN IT COMES TO DIRTY TALK, **I HAVE NO BOUNDARIES**."

HOME TURF

Get in shape on your own terms with these luxury fitness accessories...

STYLED BY **OLIVIA PERRY & PAUL O'DEA**
PHOTOGRAPHED BY **MARK PLATT**

The Peloton exercise bike is the ultimate in-home experience for the executive whose hectic schedule doesn't allow for lengthy sessions at the gym. After a rigorous ride, add some definition with Hock dumbbells — so gorgeously crafted they might as well be home decor. Nue Co.'s plant protein powder helps with recovery, while Perricone MD hydrating cream, Pai skin tonic, and Yves Saint Laurent fragrance will keep you fresh for the rest of your busy day.





BIKE AND CYCLING SHOES, **PELOTON**; SHIRT, **BLK RBN**; TRAINING SHORTS, TRAINING TIGHTS AND SPORT SOCKS, **ADIDAS**; HAT, ***MAXIM* (STYLIST'S OWN)**; WATER BOTTLE, **S'WELL**

OPPOSITE (CLOCKWISE FROM TOP): HYDRATING CREAM, **PERRICONE MD**; PLANT PROTEIN, **THE NUE CO**; MUD MASK, **OMOROVICZA**; SKIN TONIC, **PAI**; HAIR OIL, **KÉRASTASE**; JUMP ROPE AND DUMBBELL, **HOCK**; FRAGRANCE, **YVES SAINT LAURENT**

Why Positive Thinking is a WASTE *of* TIME

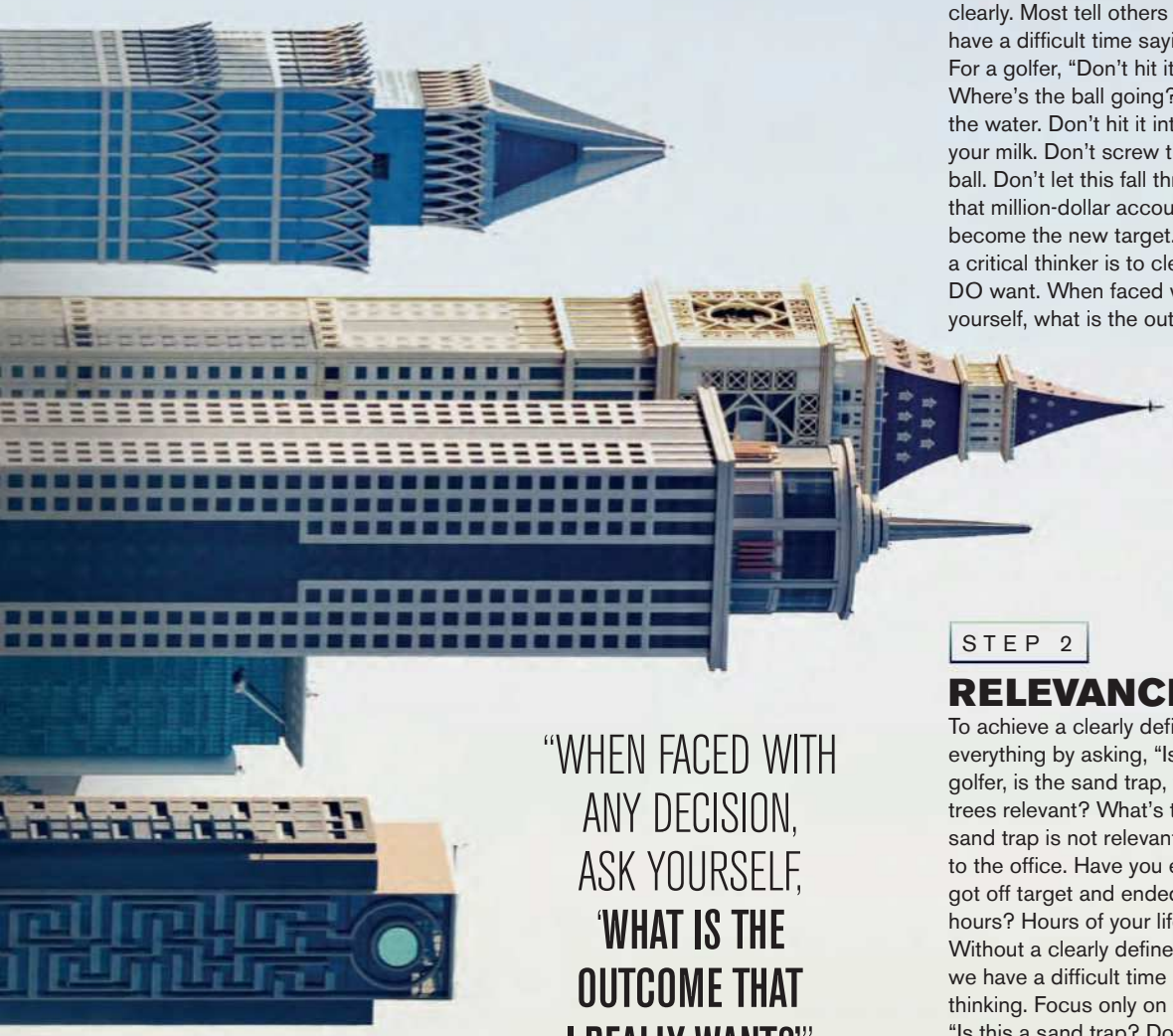
ANDREW D. WITTMAN, PHD is a former bodyguard to Sir Elton John, Hillary Clinton, Benjamin Netanyahu and many other prominent politicians. He's also a former U.S. Marine, Police Officer, Special Agent and the Founder & CEO of The Mental Toughness Training Center in South Carolina. As a Keynote Motivational Speaker and "Agent of Change" he is hired around the world to help the likes of corporate executives to elite athletes better deal with stress at work and at home. Here he reveals how positive thinking isn't necessarily a positive thing...

BY **ANDREW D. WITTMAN, PHD**

In my line of work, positive thinking will get you killed faster than negative thinking will because it denies risk and is driven by emotions rather than by logic. And this is true in every situation. So, instead of trying to always think positively, focus on how to always think critically – it will help you in all areas of your life. Here's how to do it:



If you've ever played golf then you know that there's a physical process for every stroke that includes factors related to grip, stance, body position and the mechanics of the swing. You can become a critical thinker with these same golf-swing-like process to your decision making. The Golf Swing of Thinking is the four-step process through which to run every thought. I call it thinking like CRAP — Clarity, Relevance, Accuracy, Precision. Funny, yes, but most importantly it's memorable.



STEP 1

CLARITY

Most of us have a difficult time communicating clearly, but that's actually a symptom of not thinking clearly. Most tell others what they DON'T want but have a difficult time saying what it is they DO want. For a golfer, "Don't hit it into the water obstacle!" Where's the ball going? Ga-Bluuush! Right into the water. Don't hit it into the sand trap. Don't spill your milk. Don't screw this up. Don't knock-on the ball. Don't let this fall through the cracks. Don't lose that million-dollar account. Unconsciously, these all become the new target. The first step to becoming a critical thinker is to clearly define what it is you DO want. When faced with any decision, ask yourself, what is the outcome that I really want?

"WHEN FACED WITH ANY DECISION, ASK YOURSELF, **'WHAT IS THE OUTCOME THAT I REALLY WANT?'"**

STEP 2

RELEVANCE

To achieve a clearly defined target, we must filter everything by asking, "Is this relevant?" For the golfer, is the sand trap, the water obstacle or the trees relevant? What's the target? The hole. The sand trap is not relevant to the target. Let's take it to the office. Have you ever been in a meeting that got off target and ended up in a sand trap for two hours? Hours of your life you can never get back? Without a clearly defined target of what we do want, we have a difficult time identifying the sand traps of thinking. Focus only on what is relevant by asking, "Is this a sand trap? Does this help me or hurt me in hitting my target?"



STEP 3

ACCURACY

Now, drill down further. To be accurate in our thinking and our communication we must separate facts from truth. Facts and truth are two completely different entities. Facts have actual existence. A fact is merely information, neutral, independent and objective. As a former cop, I was always in search of the facts. When a case went to court, facts were entered into evidence, but the witnesses would swear to tell the truth. Which one is more reliable? Evidence (facts) or eyewitnesses (truths)? We know, for a fact, that eyewitnesses are unreliable. "Truth" is our internal perception of the facts and circumstances that make up the experiences of life. To help you make an important decision, ask yourself, "Is this aspect a truth or is it a fact?"

STEP 4

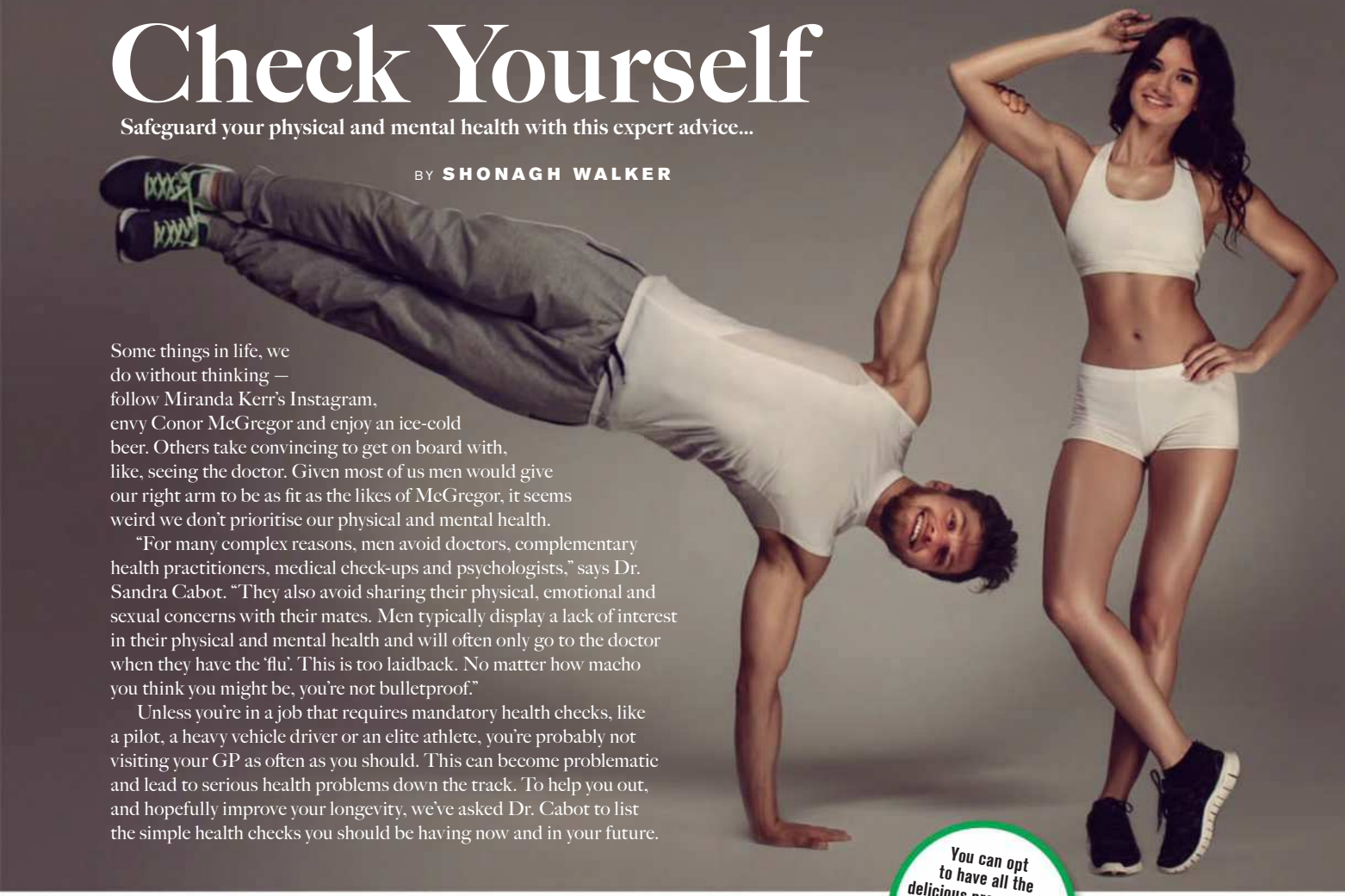
PRECISION

Once we move things into the fact column from the truth column, we ask, "Can this fact be more exact?" Be precise and specific. A common occurrence at work is when the boss drops one more thing on your plate and says, "I need this ASAP." But is "ASAP" a fact or a truth? "ASAP" is a truth, it means different things to different people. "Boss, when do you need this?" "I need it by Wednesday." Now ask, can this fact be more exact? Yes, it can. "Boss, what time, on Wednesday, do you need this?" "By 12 noon Australian Eastern time." Taking this golf swing approach to thinking pushes the process through your conscious mind, helping you make more informed decisions that will lead to greater levels of success. ■

Check Yourself

Safeguard your physical and mental health with this expert advice...

BY **SHONAGH WALKER**



Some things in life, we do without thinking — follow Miranda Kerr's Instagram, envy Conor McGregor and enjoy an ice-cold beer. Others take convincing to get on board with, like, seeing the doctor. Given most of us men would give our right arm to be as fit as the likes of McGregor, it seems weird we don't prioritise our physical and mental health.

"For many complex reasons, men avoid doctors, complementary health practitioners, medical check-ups and psychologists," says Dr. Sandra Cabot. "They also avoid sharing their physical, emotional and sexual concerns with their mates. Men typically display a lack of interest in their physical and mental health and will often only go to the doctor when they have the 'flu'. This is too laidback. No matter how macho you think you might be, you're not bulletproof."

Unless you're in a job that requires mandatory health checks, like a pilot, a heavy vehicle driver or an elite athlete, you're probably not visiting your GP as often as you should. This can become problematic and lead to serious health problems down the track. To help you out, and hopefully improve your longevity, we've asked Dr. Cabot to list the simple health checks you should be having now and in your future.



You can opt to have all the delicious pre-prepared meals delivered to your door during the entirety of the cleanse.

IN YOUR 20s:

At this age, you're probably burning the candle at both ends. You might be starting out in your career and going hard at work or studying equally as strenuously. You're probably also putting in a decent amount of hours at the pub or club. "Balance it out with plenty of sleep when you can get it, exercise regularly and have a decent diet that includes vegetables and lean sources of protein.

I recommend a detox every six months, too. It will help to keep your liver in check," says Dr. Cabot. "Aim for at least an annual visit to your GP to have your blood pressure tested and your lungs and heartbeat checked out, too. If you're taking party drugs like speed, ice, ecstasy or cocaine, have a liver and kidney function test, which is a simple blood test that determines if these vital organs are working properly."

It wouldn't hurt to have an FBC (Full Blood Count) test, which checks red and white blood cells and gives an indicator of immune health.

IN YOUR 30s:

Along with the healthy lifestyle choices outlined above, regular GP visits become more important as we get older — the stress of a career, a family to support and possibly even a mortgage come into play. At this age the tests you should be asking for are the aforementioned FBC and Liver and Kidney Function tests, as well as your Fasting Blood Sugar levels (which is a test for diabetes) and a Lipids test (which determines the fats in your blood). These are all simple blood tests that aren't time consuming, painful or embarrassing.

"If you're of Northern European descent, ask your GP for a Serum Iron Level Test, too," advises Dr. Cabot. "This evaluates your body's stores of iron. Those with ancestors originating from Northern Europe have been known to present with a genetic condition called Haemochromatosis, a disease which causes the body to absorb too much iron. Excess iron can cause damage to organs."

FOOD PHOTOGRAPHY BY **HAREETH TAYEM**

IN YOUR 40s:

Alongside the tests we've already mentioned, ask your doctor for a Prostate Specific Antigen Blood Test, advises Dr. Cabot. "This simple test can detect antigen levels in the blood that might indicate an abnormality in the prostate. If you are getting up to wee several times each night, it might indicate an enlarged prostate, in which case you should speak to your GP about having a digital rectal exam. It's also time you had a Faecal Occult Blood test," suggests Dr. Cabot. Yes, you will need to poo in a jar.

"It's simple — your stool is tested for any microscopic drops of blood that might be present, which can indicate polyps that could lead to bowel cancer if left untreated. Any minor embarassment is offset by the possible health complications you avoid down the track. While you shouldn't be alarmed, you should also be aware that bowel and stomach cancers are not rare in men in their 40s. With this in mind, if you do have any symptoms of bowel or stomach problems, see a gastroenterologist for a colonoscopy and gastroscopy."

You also might want to consider having your ticker checked out, particularly if there is a history of heart disease in your family or you're carrying some extra weight or, if indeed, you've been experiencing even mild chest pain. "A 12 Lead Electrocardiogram can be easily performed by a cardiologist to test electrical activity of the heart," explains Dr. Cabot. "Finally, make an annual visit to your optometrist to test for glaucoma (high pressure in the eye), macular degeneration and cataracts, especially if you're diabetic. Eye diseases are far more common in diabetics, but they are also genetic, so check your family history."

IN YOUR 50s AND 60s:

"During these decades, have all the aforementioned tests, and add an annual electrocardiogram to your list," says Dr. Cabot. "Especially if you're overweight or have a family history of heart disease. You also should have a colonoscopy every three to five years, depending on family history of bowel cancer."



DR. CABOT'S SIMPLE TO-DO LIST

CHECK YOUR FAMILY HISTORY

"Diseases that run in families include diabetes, heart disease, strokes, high blood pressure, some forms of cancer and some forms of mental illness. Many of these diseases can be prevented or reversed using nutritional medicine."

BUY A BLOOD PRESSURE MONITOR

"They're inexpensive and can be life-saving. High blood pressure is a silent killer and can cause strokes and chronic disability at a relatively young age. If you are reading high, see your GP."

TAKE MAGNESIUM SUPPLEMENTS

"Magnesium has been shown to reduce the risk of sudden cardiac death from various causes. It also promotes relaxation and good quality, deeper sleep."

TAKE VITAMIN C

"Two times Nobel Prize winner, the late Professor Linus Pauling, showeds that vitamin C reduces the risk of cardiovascular disease. Many men don't get enough of it, so improve your diet and take a supplement to be safe."

LOVE YOUR LIVER

"This means cutting back on sugar and going easy on alcohol. Your liver is the filter of your blood stream and it also controls fat metabolism. To be strong, energetic and muscular you need a healthy liver." Fellas, we're not saying this is easy but it could help save your life – have at least three alchohol-free days each week, replace sugar with fruit and protein and take a liver tonic to support better liver function and increase your energy levels.



• ***Try Cabot Health Livatone Plus, $34.95, cabothealth.com.au***

If at any stage your Liver Function Tests shows your liver is not healthy, follow it up with an ultrasound. You may have a fatty liver. "Don't panic – it can be reversed and in doing so, you can restore your health," explains Dr. Cabot, who wrote the book on the subject – *Fatty Liver, You Can Reverse It.*

TAKE SELENIUM

"It can help boost testosterone and sperm production. It also has cancer preventative properties."



• ***Try Selenium Ultra Potent, $23.50***

DO A DETOX

Doing a cleanse every six months or so will help support your liver function, balance gut health and alkalise the body, all of which can help ward off illness and disease.



• Dr Cabot's new 15-Day Cleanse is a three-powder program plus meal plan that's simple to follow and enjoyable to do. Priced at $99 for the powders and a comprehensive cleanse support guide, meal plan and recipes, you can also opt to have all the pre-prepared meals delivered to your door for only a further $318 during the entirety of the cleanse. Visit drcabotcleanse.com to purchase.

WIN

ENSURE YOU HAVE "MAXIM CLEANSE" AS THE SUBJECT LINE

For your chance to win one of three complete cleanse plus meal plans, simply email

INFO@CABOTCLEANSE.COM

and tell us why you think you deserve a detox.

How to: HOOK UP TODAY

Rules and regulations on how to navigate consent within the hook-up culture in the #metoo era, the non-Weinstein way...



Dr Nikki Goldstein is a Sexologist, Relationship Expert, Author and host of the podcast *SEX & Life* on Podcast One

One of the biggest risks to a casual hook-up used to be either catching something or someone getting too emotionally involved. These days it seems the word "harassment" is commonly involved, making many on the dating scene a little apprehensive about their sexual ways. Yes, we are living in a different world, but don't be scared or put off about making sexual advances because of what some call "a bad date" and others "harassment". The problem with all of this is that what is deemed inappropriate or harassment can differ from person to person, so it's important we are all on the same page, or at least try and establish what that page is when hooking up. You might have heard the word "consent" flying around these days. But it's not just as simple as "yes" or "no". It shouldn't mean that all sexual advances and seductions are out the window, but there are things you need to know...



LISTEN TO YOUR GUT INSTINCT:

If something doesn't feel right, stop and flag it. Even though your "other brain" down below might be working overtime, allow some space for your actual second brain (your gut) to guide you. If you feel something might be off, stop and ask that person, "Are you OK? Is this alright for you?" If things continue and you still don't feel right, call it. You have every right to stop, too.

THINK OF THE WOMEN CLOSE TO YOU IN YOUR LIFE:

This is a weird one to think of but a good rule when casually hooking up. Just because things are casual it doesn't mean things shouldn't be respectful. Hey, you should respect someone more if they are going to casually hook up with you. If you have a sister, close female friend or female relative, think about how you would want men to treat them. Remember that the person you are hooking up with is someone's sister, close friend or relative, too. Even if things are casual, respect should always be shown. You might even get a repeat performance if it is.

BE OPEN WITH YOUR INTENT:

Let her respond the way she feels comfortable. Things like, "Do you consent to me kissing you/touching you?" might sound really naff and giving consent doesn't have to be unsexy. Try comments like, "I would really love to kiss you right now" as you move so close her lips are only inches away from yours. Perhaps try, "I find you so attractive I really want to talk you/be with you/be intimate..." and see how she responds. These seductive but more direct comments and questions might be your saving grace. If you are going for something more intimate and physical, you can also follow up with, "But I don't want you to do anything you are not comfortable with and respect you if you say no."



"CONSENT CAN BE SEXY BECAUSE RESPECTING SOMEONE'S RIGHT TO DO SO MIGHT JUST SEE YOU GET FURTHER."

"NO" DOES MEAN "NO" — NOT "TRY AGAIN":

If you are making one of these comments or she puts the stop sign into play, don't take this as a challenge to try harder. Some girls might want you to take that play of showing effort, but unfortunately it's not so easy anymore. There is, however, a difference between her wanting you to try harder — e.g. not tonight, but it doesn't mean don't ask on another night and you being a bit of a sex pest; e.g. she says "no" and you keep asking and pushing. If she says "no" don't get offended or push her further, tell her you respect her decision and simply enjoy the rest of the night. You might get further on another night because you did so. Consent can be sexy because respecting someone's right to do so might just see you get further than if you didn't.

TRY TO READ HER BODY:

Body language can give a lot away to where someone's mind is at. If you touch her does she pull away or move closer? If you are kissing and touching is she responding positively or trying to hold back from you? If you do sense anything negative, even though she might be there in your arms (or between your legs) take the time to stop and ask her if she is OK, reassuring her that it's OK if she wants to stop. Many girls, even though being sexual at that time, might be pushing forward because they are scared if they don't. Any attraction and future attention will be gone. This is the difficult part for a guy these days. Even though someone is hooking up with you she might be feeling pressured to do so. And it might not even be anything you have said or done but it's still important to explore if that feeling is there. It's important to reassure her that anything sexual can stop and you will not get mad, angry or stop liking her. This is where the issues of respect really come into play.

DISCUSS BOUNDARIES:

If things are getting more sexual and the green light is ahead, it is wise to have a chat about what someone is comfortable with and what you are, too. Do you have things that are out of bounds? Deal breakers or safety parameters you put in place? Hint — maybe condoms? Does she have some, too? It's best to have this conversation so you can freely go ahead both feeling safe and not having to stop because negativof boundary-crossed moods.

ASK STRAIGHT OUT — "IS THIS OK?":

Hooking up these days can be complex and if alcohol is involved it might be even worse. If you are at all confused or concerned it's better to just be open and ask, "Are you OK? or, "Is this something you are comfortable with?" Just remember her words might be different to where her mind is – especially if alcohol is involved. Even though sex is what is sought after and you are a red-blooded male, you too also have a right to say "No". No-one will think you are any less of a man if you do.

It may feel scarier to peruse someone for a casual hook-up, or date, these days but if you understand respect, consent and boundaries for you, and a potential mate, then hopefully things will be OK. But, in life, the only thing that is certain is death and taxes. ■



Essential ORAL LESSONS

Cunnilingus is an art form. It's about diving in and getting soiled. It's about munching so vigorously she asphyxiates you with her thighs. It's a necessity in the Land of F—k. It's an invisible obligation. Master the vagina and you've mastered the woman — it's simple maths...

BY **VANESSA DE LARGIE**

Do you want to screw a porn star or a mattress with arms and legs? Blokes who don't "munch" are doomed for the latter. A woman's kitty cage is not a place where you can dump your junk and then leave — because that's rude! Her vagina needs your undivided attention. This is why I'm now going to get my fingers wet and delve deeper into the vagina — real deep. We are going to explore the art of cunnilingus. Here's my top tips on how to arouse a woman during oral foreplay that will have her purring in no time.

CLITERACY

Rule #1 — become cliterate. The clitoris is the ONLY human organ designed for sexual pleasure. It literally has no other function. Learn where it is and focus on it intently. Don't even bother performing cunnilingus on a woman until you've become educated on this. Simply, you'll be wasting your time.

COMPLIMENT

Guys love it when women compliment their dicks. Well, you know what? Women love it when you guys compliment their pussy. Cunnilingus makes many women feel vulnerable and self-conscious. Your job is to make your lover feel relaxed — and a sincere compliment can achieve this.

"MASTER THE VAGINA **AND YOU'VE MASTERED THE WOMAN."**

DIVE & DROWN
Do you know what women want? They want to see you soiled in their vagina juice. They want to watch you having fun in the sandpit. So, get out your bucket and spade and play! Get drowned. Get busy. Make it obvious to her that you're enjoying yourself. Wear her shine on your eyebrows. Parade her scent.

ENDURANCE
Cunnilingus is exhausting and you wish she'd just hurry up and orgasm. Why is she taking so LONG? OMG, etc... I get it! But good sex is a collaboration — it's not one-sided. So, stop being a pussy and get the job done.

OTHER ACTION
If you want to be the "Cunnilingus King" then I suggest you pull out all stops to excel. F—k her vagina with your fingers. Motor-lick her clit until her legs are shaking. Don't stop until she is pulling your head into her pussy for her final release.

VIBE IT
Do you really want to impress? Whilst your tongue is working on her clitoris, you can be penetrating her vaginally with a vibrator. If you happen to give her a blended orgasm (i.e. clitoral and G-spot), she will love you FOREVER. And ever.

THE MAIN COURSE
You've done all the hard work. You've fingered her, licked her and penetrated her with a vibe. You've been down there for nearly an hour and God only knows how many orgasms she's had. Congratulations! You've done the hard yakka and now it's time to f—k her mercilessly. Don't hold back, Champ!

In conclusion, here's to all the wonderful gentleman worldwide who LOVE to perform oral sex on a woman. You guys are KINGS. May your souls find a place in Heaven and may your penises find a thousand women. ■



Vanessa de Largie *is an Australian actress, sex columnist and freelance journalist based in London*

Bill WOODS

The Australian TV presenter discusses his last day on Earth...

How do you want to die?
In my sleep – I'd rather not listen to the celebrations.

Do you have any deathbed confessions?
I once rehearsed for a show about celebrities' misbehaving pets. We didn't make it. I don't know which of us failed. Either my dog Bud was too smart or I was too stupid. Anyway, the show lasted about three weeks. Serves them right.

What's your last meal?
Seafood platter with fruit, salad and no oysters.

Are you going to Heaven or Hell?
None of that makes sense to me.

So you have nothing to say to God or the Devil if you did end up at either place?
Well, let's play along then. I'd say to God, "OK, you got me! Now sit down – I have a few REALLY tough questions." If it's the Devil I'd ask, "When did you first get the idea for *I'm a Celebrity…Get Me Out of Here!*? But before you answer that, where are all the politicians?"

Which legendary people will you hang out with in the afterlife?
Robert the Bruce, Muhammad Ali, Ernest Hemmingway, Louis Armstrong, Sir John Monash and John Wayne. I'll just sit there and listen.

What's your greatest body of work or moment that never saw the light of day?
My only fiction book – I've had two published biographies – because it didn't involve wizards, vampires, zombies or dragons.

To whom on Earth do you owe an apology?
Firstly, the poor bastard reading this. After that, all the people I said dumb things to when I was young. If you don't admit you were an idiot when you were 19, you're probably still an idiot.

What quality advice, you have been given in the past, will you take to the grave with you?
Read Rudyard Kipling's poem *If–*. My old man gave me a copy of it when I was a kid and it remained on my wall until I left home for university at 17. I've still got it somewhere. Kipling pretty much sums it up, unless you're a sensitive new age whatever.

Besides family, what's your greatest achievement during your time on Earth?
Someone almost laughed at one of my jokes.

To date, what do you think has been the greatest moment in sport?
Jesse Owens winning the 100m at the Berlin Olympic Games in 1936.

What's the dumbest thing you ever did on Earth?
You could ask my wife this question every day and get four or five different answers, but my guess would be – not sucking up to TV executives.

Name one thing you're really glad you'll never have to do again?
Drive a car in Sydney. Everyone's trying to kill me.

What are your mates saying over your casket?
"I can't believe they named a show after him."

What is your co-host Mark Bosnich saying over your casket?
"Neither can I. When can we get those graphics changed to just 'BOZ'"?

What's written on your tombstone?
She told me it was just man-flu.

Got any last words?
"Darl, I don't feel well." ■



"IF YOU DON'T ADMIT YOU WERE AN IDIOT WHEN YOU WERE 19, **YOU'RE PROBABLY STILL AN IDIOT.**"

BILL & BOZ *AIRS SUNDAY TO WEDNESDAY AT 9PM (AEDT) ON* FOX SPORTS NEWS *(CHANNEL 500 ON FOXTEL)*

INTERVIEW BY **SANTI PINTADO**

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